

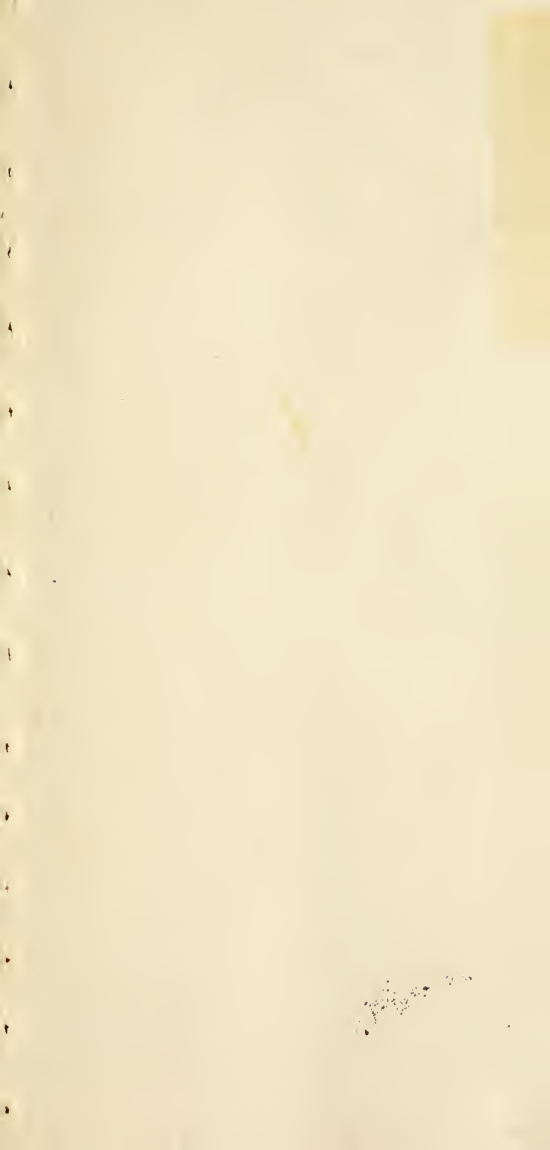
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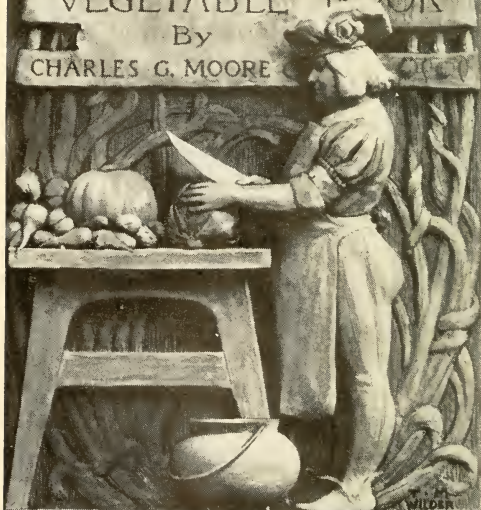






THE VEST POCKET VEGETABLE BOOK

By
CHARLES G. MOORE



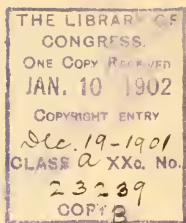
THE VEST POCKET VEGETABLE BOOK

By CHARLES G. MOORE

The Vest Pocket Vegetable Book is not, as its title might infer, an advocate of the vegetarian theory, but, rather, is an earnest plea for a more general recognition of the vegetable kingdom, in combination with the animal kingdom, as a prolific source of supply of appetizing, wholesome and nutritious foods for mankind.

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THE VEST POCKET VEGETABLE BOOK.

The object of this book is to popularize vegetables in the hotels and catering establishments. In a great many kitchens the vegetables are not given the proper attention, the preparing, cooking and dishing-up of them being relegated to inexperienced or careless persons, with the result that large quantities of these wholesome and palatable foods are spoiled. The writer is of opinion that the vegetable kingdom compares favorably with the animal kingdom in food value, and affords equal scope for preparing epicurean dishes for the table. The writer is also of the belief that where close attention is given to vegetables the per capita cost may be reduced without detracting from the quality of the menu.

C. G. M.

AROMATIC HERBS

(*Fr. Aromatiques Herbes*) (*Ger. Aromatische Krauter.*)

Aromatic herbs will be treated under their respective name.

ARTICHOKES

(*Fr. Artichauts*) (*Ger. Artischocken.*)

There are two kinds of vegetables known by this name: the green or globe artichoke whose flower resembles that of the thistle and provides the edible portion, and the Jerusalem artichoke, which is a species of sunflower with edible tuberous roots. The latter is the most common in this country.

There are three kinds of globe artichokes commonly cultivated, but the green (not the purplish) heads are considered the best, and are the largest. In France, the globe artichoke is eaten raw as a salad, but in that state they are very hard to digest; however, with plenty of olive oil, pepper, salt and vinegar, they are a most delicious dish.

The flower, globe or "burr" artichoke as it is sometimes called, is cultivated in nearly all European countries, but most extensively in France, where the bottoms are neatly trimmed, put up in cans, and imported to this country, finding a ready market. Artichokes are also imported to this country in their green state in season, from November to May, selling from \$2.50 to \$4.00 per dozen.

The California is a small variety of artichoke that is useful for salads, but does not compare with the French.

ARTICHOKES BOILED PLAIN.

Cut off the tips of the leaves and round off the bottom, remove the stalk and trim away the lower leaves, wash in cold water several times, rub with a lemon and blanch in acidulated water, cut in four, finish cooking in water to which has been added a little soda and salt. Let the water come to a boil before putting in the artichoke; the salt will

season and the soda will remove the bitterness. Great care should be taken in preparing and washing it as a little sand or grit will spoil the luxury of the artichoke. It is served hot with melted butter in a sauce bowl, or cold with olive oil, vinegar, salt and pepper.

ARTICHOKES, BARIGOULE.

Trim the leaves lower down than for plain boiling, blanch and par-boil, drain on sieve, wipe dry with towel. Carefully scoop out the core or choke, then fill the cavity with a farce made of fresh bread crumbs, small pieces of game, truffles, mushrooms, shallots, parsley and a little grated bacon, all being chopped very fine and run through a sieve. Then arrange in a saute pan on slices of ham, carrots, and a small faggot of sweet herbs; pour over a glass of white wine, cover with oiled paper and set on the side of the range to simmer until quite tender. Take up when done, thicken the liquor with a little roux, strain and pour over the artichokes when served.

ARTICHOKE BOTTOMS WITH FRENCH STRING BEANS.

The canned French beans and artichoke bottoms can be used for this dish. They are tossed together in a saute pan with a little butter, lemon juice, chicken broth and white wine. Cover over with oiled paper and simmer slowly for five minutes, then carefully lay the artichokes aside and heap the beans in a pyramid on a vegetable dish. Arrange the artichokes around the edge, laying one against the other to form a perfect border; strain the juice and pour over the pyramid when served.

ARTICHOKES FOR GARNISH.

Trim and blanch the same as for plain boiling; skin, wipe dry, saute in a little butter and white stock until quite tender. Make sauce by thickening the broth and adding lemon juice, salt and pepper; put in a stone jar, pour sauce over, and use when wanted.

ARTICHOKE PUREE.

Is made by running the artichokes prepared for a garnish through a puree strainer, adding white broth and Bechamel sauce. Serve with croutons.

ARTICHOKE CREAM.

Wash, slightly trim and blanch the required number of artichokes. Oil bottom of saute pan, arrange the artichokes closely together, pour over white wine and a little chicken broth, cover with oil paper, simmer until all the juice has evaporated; run through a hair sieve, mix in a liaison of yolks and whipped cream, season with salt and pepper. Put in small molds, steam until the mixture congeals, unmold, serve with cream or Bechamel sauce poured around. The addition of a little onion juice will improve the cream if not objectionable.

ARTICHOKES WITH EGGS.

Trim the artichokes to the bottom, blanch and boil tender the same as plain boiled; arrange with the hollow side up

on fancy cut piece of fried bread. Fry the eggs in butter, trim off the whites to fit the artichoke and serve very hot.

ARTICHOKE OMELET.

Use the artichokes prepared for garnish. cut in dice, add a little chopped parsley, roll in the omelet as usual and serve on a hot platter.

ARTICHOKE SOUP.

Trim, blanch and boil the artichokes in white broth with a faggot of sweet herbs, slice of onion and a blade of mace; puree and finish with Bechamel sauce. Add a liaison of egg yolks to make it the consistency of thick soup. Season with pepper, salt and a little grated nutmeg.

ARTICHOKE STUFFED.

Closely trim the artichoke all around, blanch and scoop out the choke; stuff the cavity with a farce made of onions, ripe tomatoes, mushrooms, fresh bread crumbs, and goose livers. Braise in the oven, glaze and use as a garnish for meat dishes.

ARTICHOKE, HOLLANDAISE.

Plain boiled; served with a rich Hollandaise sauce.

ARTICHOKE, POULETTE.

Plain boiled; served with Poulette sauce.

ARTICHOKE WITH FINE HERBS.

Plain boiled; served with fine herbs sauce.

ARTICHOKE, VINAIGRETTE.

Plain boiled; served either hot or cold with vinaigrette sauce.

JERUSALEM ARTICHOKE

(*Fr. Topinambours*) (*Ger. Erdartischocken*).

This tuberous root resembles the potato somewhat, but has none of its properties. It is more the nature of the turnip, as it contains sugar in large quantities. The nutritive value is slight, and for that reason it is not adapted for a staple food. However, it is worthy of more attention than it has received at the hands of our chefs. They are very plentiful in this country and can be had during all the winter season at a very reasonable price. The more they are chilled the better they are.

They are very troublesome to prepare on account of their awkward shape, the tubers projecting out all around, yet they can be easily detached and formed into pear shape, just right for garnishing. After peeling they should be thrown

in cold water to prevent them from turning black.

JERUSALEM ARTICHOKES BOILED WITH WHITE SAUCE.

Boil from twenty to twenty-five minutes in salt and water, letting the water come to the boiling point before putting in the artichokes. Make a white sauce by thickening equal parts of the liquor the artichoke has been boiled in and sweet cream; season with grated nutmeg, salt, pepper and a little lemon juice. Great care should be taken to remove them as soon as soft, for when boiled longer they become hard again.

JERUSALEM ARTICHOKES BAKED.

Peel and trim the required number; put in a covered bake-dish, using plenty of butter; season with salt and pepper; bake in a brisk oven for thirty minutes: when done they should be a rich brown color; serve while hot.

JERUSALEM ARTICHOKES AU GRATIN.

After boiling cut in dice, mix with Bechamel sauce, season, put in gratin dishes, sprinkle with grated Parmesan cheese and fresh bread crumbs. Bake and serve in same dish.

JERUSALEM ARTICHOKES MASHED.

Peel, boil and mash the same as mashed turnips, season with cream, salt and white pepper.

JERUSALEM ARTICHOKES AND BRUSSELS SPROUTS FOR GARNISH.

The artichokes are trimmed pear shape, boiled and mixed with blanched brussels sprouts in a white sauce. Use for garnishing meat entrees.

JERUSALEM ARTICHOKE SOUP.

Peel the required number of large artichokes, cut in thin slices, wash thoroughly in cold water. braise in butter with a carrot, two onions. sprig of celery, faggot of sweet herbs, a few allspice and bay leaves. Add enough strong chicken broth to make the soup, let boil and shove back to simmer for three hours. Make a white roux by beating together equal parts of butter and flour, stir into soup. let boil for five minutes. remove from fire, rub through puree strainer, season with salt and white pepper. Before serving add one-fourth boiled sweet cream.

JERUSALEM ARTICHOKES, LYONNAISE.

Peel, par-boil and simmer in Espagnole, the required number; take up. strain the sauce. add the juice of a lemon and mix with one-fifth butter and a little onion juice, glaze the artichokes, arrange on dish, pour sauce over them and serve.

JERUSALEM ARTICHOKES, ITALIAN.

Prepare in the usual manner, simmer in white broth until they assume a yellowish color and are quite tender. Serve with white Italian sauce.

ASPARAGUS

(Fr. Asperges) (Ger. Spargel)

Sparrow-grass is the old-fashioned name. The young and tender shoots of *A. officinalis*, which forms a valuable and well known article of food. Although cultivated it grows wild in damp places.

Asparagus is one of the best vegetables we have and is easily prepared for the table. It can be had almost the year around, but is at its best in season, which is from May to July. Gardeners take great pride in growing asparagus as the price depends on the quality. The tender shoots will grow from two to three inches in one night, and should be covered during the day, as the heat of the sun causes them to become tough and less delicate. The white has the best flavor and brings the highest price, but the skin is thick and more fibrous; yet the violet grows longer and is preferred by some. The green is more common and less favored for eating whole, but it makes most delicious soups and purees. Asparagus is put up in cans when in the pink of perfection, and many times is better than the fresh. The German canned asparagus is highly esteemed and brings the best price.

Asparagus, being very perishable, is rather a difficult vegetable to procure on the open market, as it usually has been cut from one to two days before it reaches the table. It has a very fetid odor when old and in an unfit condition to be served, yet otherwise it may appear fresh. I have found it a very good idea to buy direct from the gardeners, with the understanding that it is to be delivered the same morning cut. They may expect a little higher price but it will be money well spent.

To prepare asparagus for cooking: sort out the large shoots, scrape them from the tips down, throw into ice-water, thoroughly wash, drain in a sieve, tie in bunches about twelve to eighteen to the bunch, trim bottoms to make them equal

length, then boil. The small shoots are saved for soups and purees. It should not be left standing in water, as it sours in a very short time.

ASPARAGUS BOILED WITH DRAWN BUTTER.

Prepare in the usual way. Boil slowly in salt and water until tender, cut bands, serve on a folded napkin, with drawn butter in a sauce bowl.

ASPARAGUS, HOLLANDAISE.

Prepare, boil plain; serve with Hollandaise sauce.

ASPARAGUS PATTIES, COMTESSE.

Clean the asparagus in usual way, cut in pieces half inch long, par-boil, drain on sieve. Clean some fresh mushrooms, cut in dice, saute with the asparagus in butter; mix with veloute sauce and simmer for ten minutes. season with salt, pepper and a little lemon juice; fill in small puff paste patties, put in oven and let remain until very hot; serve with some rich veloute sauce separate.

ASPARAGUS, BECHAMEL.

Boil plain, and serve with Bechamel sauce.

ASPARAGUS TIPS, MAINTENON.

Cut off the tips, blanch, saute in fresh butter, season while cooking, mix with Poulette sauce; serve in vegetable dish with fancy cut croutons.

ASPARAGUS STEWED.

Prepare, cut in pieces two inches long, blanch, saute with small pieces of bacon, chopped parsley, chervil and fresh mushrooms, simmer in gravy, season with grated nutmeg, salt and pepper; serve on toast or in Romaine cases.

ASPARAGUS STUFFING.

Clean, cut in pieces half inch long, boil; mix with demi-glaze fresh bread crumbs, mashed yolks of hard boiled eggs and butter; season with chopped chives, salt and pepper. Use for stuffing game and domestic birds.

ASPARAGUS FARCE FOR POMPADOUR.

Boil, drain on towel laid on roast pan, put in oven to evaporate moisture. Chop very fine, mix with thick Hollandaise sauce, season with salt, pepper and a little lemon juice, put away to get cold; use when wanted.

ASPARAGUS TIPS FRIED, MIRANDA.

Cut off the tips two inches long, blanch in salt water, drain, roll in flour, egg and bread in fresh crumbs; fry in hot lard; serve on folded napkin.

Sauce: Rub the yolk of a hard boiled egg with the yolk of a raw one, mix in some olive oil, malt vinegar, chopped gherkins and a few drops of tabasco sauce. Garnish with fried young parsley and a slice of lemon.

ASPARAGUS AU GRATIN.

Boil, cut in pieces one inch long, mix with white sauce, season with salt and cayenne pepper. Put in gratin dish, smooth down, sprinkle with grated American cheese,

fresh bread crumbs, and small pieces of butter over top; bake and serve as soon as brown.

ASPARAGUS IN PYRAMID.

Make a band (or border) of stiff noodle paste three inches wide and the required length to fit nicely inside the border of a fancy plate. Form around a can or jar, stick ends together with a beaten raw egg yolk. Cut stars, etc., stick on border to make it look artistic, wash with egg yolks and milk, put away to dry and get firm.

Select large fancy shoots of green asparagus, tie in small bunches, cut four inches long from tips, boil; arrange the bottom tier inside of the border, having the tips leaning a little toward the center to prevent tipping over. It can be built three or four tiers high, each tier a little smaller, until it has the shape of a pyramid; a napkin folded lengthwise can be held around it while being built, slightly pressing toward the center.

If served hot, place in oven for a few seconds. Sauce can be served to taste.

ASPARAGUS OMELET.

Prepare, cut in pieces half inch long, blanch, drain on sieve, braise in butter, add a little white stock, cover sauce-pan and let simmer for eight minutes, while the omelet is being made. When done, season, roll up in omelet and serve on hot platter, garnish with a sprig of fried young parsley laid on top.

ASPARAGUS TIPS IN VIENNA ROLLS.

Have made in bake-shop the required number of large Vienna rolls. While hot cut off the top to make the cover, dig out the entire inside, so as to form a box or case. Sprinkle with butter; return to oven, brown and keep hot until the asparagus is ready.

Scrape, wash, tie, cut the shoots four inches long, or the length to fit the roll. Boil in the usual way; when done lay on a towel to drain. Make a sauce by boiling cream, thicken with a liaison of eggs, remove from the fire, beat in small pieces of butter to make it rich, season with salt and pepper. Fill the rolls with the tips, pour over the sauce, put on the cover. Serve on a folded napkin; garnish with parsley.

ASPARAGUS, SPANISH STYLE.

Boil the asparagus until done, drain. Poach eggs in same water after a little vinegar has been added. Spread the asparagus out on a platter or large vegetable dish; place poached eggs on top; serve with vinalgrette sauce.

ASPARAGUS WITH YOUNG CARROTS.

Select a dozen small carrots of uniform size, clean, par-boil and saute in butter until done. Prepare the bunches of asparagus as for plain boiling. Arrange alternately with the carrots on a platter. Serve with veloute sauce poured over.

ASPARAGUS AND SALMON SALAD.

Prepare and boil the asparagus, put away in ice box to

get cold. Open a can of salmon, drain off the juice and break in small pieces; put in a salad bowl, mix with olive oil, lemon juice, salt, and a few drops of tabasco sauce. Lay on salad plate. Cut asparagus in pieces an inch long, lay on top of the salmon. Serve with mayonnaise, garnish around bottom with slices of lemon cut triangular shape. All must be served cold.

ASPARAGUS, VINAIGRETTE.

Prepare, boil, and put in ice box to get very cold. Serve whole on a lettuce leaf, with Vinaigrette sauce.

ASPARAGUS TIPS, COLBERT.

Prepare, tie two inches from tips so they may be cut off three inches long, leaving the band plenty of room to hold the tips together. Blanch in salt and water, saute in butter with a little Bechamel sauce, dish on center of a large platter, surround with poached eggs with the whites trimmed round and placed on a piece of toast the same size; sprinkle over a little meat glaze. Serve.

ASPARAGUS PUREE.

The asparagus that the tips have been used for other purposes will do to make a puree. Scrape, wash clean, braise in butter with a few shallots, a faggot of parsley and a blade of mace. Add veal stock, simmer until tender, strain off the broth, thicken with a roux. Remove faggot and blade of mace, run through a puree strainer, add to soup, let simmer two hours, skim, season and add one-eighth sweet cream. Serve with croutons.

ASPARAGUS AND LOBSTER SALAD.

Scrape, wash and cut in pieces one-half inch long. Boil in salt and water until tender, strain off the water, put away to get cold. Put in a salad bowl with equal parts of boiled lobster cut in dice, season with cayenne pepper, salt and vinegar. Dish in small pyramids on a lettuce leaf. Serve with mayonnaise that has been mixed with half Bechamel sauce; garnish on top with a piece of claw meat.

ASPARAGUS AND SHRIMP SALAD.

The same as asparagus and lobster salad, using shrimp tails instead of lobster. Save out some whole ones to garnish the top.

CREAM OF ASPARAGUS, COMTESSE.

Scrape and wash the asparagus, cut off the tips leaving them one and one-half inches long, lay them aside to garnish the soup. Cut the remaining shoots in short pieces, put in sauce pan with a chunk of fresh butter, one small leek, two bay leaves and a faggot of parsley. Braise for fifteen minutes, cover with a strong chicken broth and simmer until tender. Strain off the broth; make a roux in the sauce pan, add the broth and as much more to make the required quantity of soup; put back the asparagus after being run through the puree strainer; shove back on the range to simmer for thirty minutes, or until the tips have been boiled. Skim soup, finish with rich Bechamel sauce,

strain through hair sieve, put in the tips and serve with croutons soufflés.

ASPARAGUS TIPS FOR CONSOMME.

Blanch the tips only for this purpose as they will get tender enough in the hot consommé. They are used in almost all vegetable garnishes for soups.

ASPARAGUS GLACE.

Prepare asparagus the same as for plain boiling. Put in covered can, pack in ice and salt, to be chilled but not frozen. Cut band, serve on chopped aspic jelly with vinaigrette sauce; garnish with gherkins cut in fan shape.

ASPARAGUS TIPS FOR GARNISH.

Cut off the tips, blanch, toss in a little butter, season with salt, pepper and a little grated nutmeg. Add veloute sauce. They are then ready to serve with meat entree.

BALM-MINT

(*Fr. Melisse*) (*Ger. Melisseminze*).

The Balm-mint is a hardy perennial aromatic herb, sometimes taken for mint. Used for seasoning game, flavoring vinegar, etc.

BARLEY

(*Fr. Orge*) (*Ger. Gerste*)

Barley is a well known cereal of the species of *Hordeum*. It is ground into grits and flour, and while fresh is made into bread which is considered very wholesome, but when old it becomes musty, having a nauseous taste.

It is chiefly used in malting.

The cultivation of barley dates back as far as the Romans.

PEARL BARLEY

(*Fr. Orge Perle*) (*Ger. Perlegraupen*).

Pearl barley is made from spring barley in this country. The barley is steamed and run through machinery that removes the hulls, leaving the grain whole. Scotch barley is winter barley and does not grow as large and plump as ours. The French barley is much the same as the Scotch. Pearl barley is one of the features of the famous broths, a l'Anglaise and a l'Ecosaise. The English and Scotch do not consider their soup complete without it.

PEARL BARLEY FOR BREAKFAST CEREAL.

Soak the barley over night in cold water; in the morning drain off the water, put in farina boiler with fresh water to

cover it, add a little salt and cook for three hours; it should be the consistency of oat meal. Serve with sugar and cream.

Barley, grain or pearl is so thickly incased in gluten that it requires to be cooked longer than any other cereal we have.

BARLEY GRUEL.

This gruel is prescribed by many physicians for the sick and convalescent, when their stomach cannot retain other nourishment.

Wash and soak two ounces of pearl barley in clear water for four hours, blanch, wash again thoroughly in several waters, drain, put to cook in a farina boiler with one quart of distilled water, let cook for five hours, strain through cheese cloth, add equal parts rich milk, flavor with vanilla, put in ice box to get cold, when it will be found a very nourishing drink. A little sugar can be added if preferred.

BARLEY CREAM SOUP.

Wash the barley thoroughly in cold water, drain, put in sauce pan with a lump of butter, one leek cut in small pieces, a sprig of celery, a blade of mace and a few pepper corns. Braise for fifteen minutes, add the required amount of strong chicken broth, boil up, and shove back to simmer for six hours.

Make a white roux by rubbing together equal parts of butter and flour, beat into the soup, boil for fifteen minutes longer, skim. Remove from the fire, rub through a puree strainer. Finish with a liaison of egg yolks and sweet cream, season with salt, white pepper and a little grated nutmeg. Serve.

BAY LEAVES.

(Fr. *Lauriers*) (Ger. *Lorbeerblätter*.)

The bay tree is a shrub of the laurel tribe *Laurus nobilis*. The leaves are picked and dried to eliminate the bitterness, and in this state are extensively used by cooks in preparing soups, sauces, stews, etc., to which they impart a fragrant odor and an aromatic flavor. When green they are used in pickling.

BEANS.

(Fr. *Haricots*) (Ger. *Bohnen*).

Most of the edible beans belong to the genus *Phaseolus*. They are a vegetable of which there are many varieties, namely, String, French String, Wax, Navy, Red Kidney, Lima, Broad or Windsor, etc. Some are eaten when young and tender, pods and all; others allowed to ripen, and removed from the pods.

STRING BEANS.

(*Fr. Haricots verts*) (*Ger. Junge grüne Bohnen*)

A variety called the Refugee, produced in culture by crossing the early Red Valentine with the Dwarf is considered the best for canning and using fresh in season. They are almost stringless and without many seeds. The pods are small, round and of uniform size.

The French String or Dwarf, grown from imported seed, are excellently flavored, but only successfully cultivated in certain sections of this country. Those imported from France in cans, labeled Haricots verts, and Haricots Flageolets, are of no value whatever as food, but are used in artistic cookery on account of their beautiful green color, which is produced by sulphate of copper, and when used must be washed thoroughly in cold water, which will remove some of the poisonous color. (The latter variety, called Flageolets, are simply the French beans, half grown, and removed from the pods; that is, when the pods are too old to be eaten, but the seeds are tender and green like peas.) When canned uncolored they present a bleached out appearance, neither comparing in color or flavor with the American canned string beans. However, there is little excuse for using canned beans of any kind, as our markets are plentifully supplied with fresh beans from July to April. When the home grown is exhausted we are abundantly supplied from the South with both the flat and round varieties through the winter.

When purchasing green string beans select those that are young, smooth, crisp, juicy and will break across clear without leaving a shred.

STRING BEANS, PLAIN BOILED.

Select small, young, crisp beans of uniform size, break off the ends, string, wash thoroughly, leave whole; salt the water, add a pinch of soda and let come to a boil before putting in the beans; boil until tender, drain, season with salt and pepper. Serve in a deep vegetable dish with melted butter poured over.

STRING BEANS FOR GARNISH.

Select large sized beans, string, wash, cut cross-wise in pieces diamond shape, boil, drain, squeeze dry in a clean towel, saute in butter, add a little white wine, simmer a few seconds, season with salt and pepper. Use to garnish meat dishes, etc.

STRING BEANS, ANGLAISE.

The same as plain boiled, except sprinkle with chopped parsley and a few shreds of cooked bacon. Season and serve on slices of buttered toast.

STRING BEANS, BRETONNE.

Cut a medium sized onion in small dice, saute in butter to a golden color, rub in a little flour, moisten with white broth, boil, skim, add plain boiled beans (left whole), simmer for a few seconds to heat the beans. Season with salt, pepper and a little grated nutmeg; sprinkle with chopped young parsley. Serve on a hot platter; or use to garnish meat entrees.

STRING BEANS IN CREAM.

Select young beans, string, cut in pieces one inch long, boil, drain, simmer in sweet cream a few minutes. Season with salt, pepper and butter. Serve in a deep vegetable dish.

STRING BEAN SALAD.

Plain boiled beans left whole and put in ice-box to get very cold. Serve on curly lettuce leaves with French salad dressing poured over. Garnish with a rose made of a radish.

STRING BEANS, VINAIGRETTE.

The same as string bean salad, except serve with vinaigrette sauce. Garnish with a slice of lemon dipped in chopped parsley, and a small gherkin cut fan shape.

STRING BEANS, POULETTE.

Plain boiled beans, kept hot; serve in a deep vegetable dish with poulette sauce poured over.

STRING BEANS IN GRAVY.

Cut a sound onion in dice, saute in butter, add enough gravy to make the sauce, boil up, skim, put in the required amount of string beans, simmer a few minutes; season with salt and pepper, sprinkle with chopped young parsley. Serve in a deep vegetable dish, or use for garnish.

BEANS, PANACHEE.

Cut plain boiled string beans in pieces three fourths of an inch long, mix with equal amount of plain boiled Lima beans (see Lima beans), saute in butter, toss gently while cooking a few minutes. Season with salt and pepper, sprinkle with chopped young parsley and serve on a hot platter.

STRING BEANS WITH FINE HERBS.

Chop a fresh mushroom and shallots very fine, saute in butter, add plain boiled beans, toss gently over a hot fire until thoroughly heated. Season with salt, pepper, grated nutmeg and a little lemon juice. Sprinkle with chopped parsley and serve on a hot platter.

WAX BEANS.

(*Fr. Haricots jaunes*) (*Ger. Junge Wachs-Bohnen*).

These luxurious beans, which are of American origin, were first cultivated in South Carolina. The pods of the flat variety are long, of a clear, golden waxy color (from which they are named), and entirely stringless. When cooked they are tender and well flavored. The round are much the nature of the string bean, except the pods are clear waxy white, and have the advantage of being a most excellent shell bean when ripe.

Wax beans are companions of String beans in season and are selected, prepared and cooked the same, except in boiling, add a little lemon juice instead of soda.

NAVY BEANS.

(*Fr. Haricots communs blancs*) (*Ger. Weisse Bohnen*).

Are a small variety of dried white beans—so-called for being used in the navy. In time of war they are an indispensable article of food in both the army and navy, on account of their nutritive value and small bulk. To be at their best they should be not more than a year old. Their age is easily determined by biting one in two. The newly dried ones have a soft, glossy, yellowish white center. Those a year or more old have a hard, dry, flinty and grayish appearance.

NAVY BEANS, PLAIN BOILED.

Select newly dried beans, soak in cold water for two hours, drain, cover with hot water, put in a ham bone, boil up, and shove back to simmer until tender. Remove the ham-bone, season with salt and pepper; serve as a vegetable, or garnish for meat entrees.

PUREE OF NAVY BEANS.

Soak the beans over night in cold water, drain, add a ham-bone, one onion, a carrot, and a faggot of parsley, cover with the required amount of white broth, boil up and shove back to simmer until tender. Remove the ham-bone and faggot, rub through a puree strainer, season with salt and pepper; serve with croutons. For Friday use water instead of white broth.

BOSTON BAKED BEANS.

Boston baked beans are somewhat troublesome to prepare, so I have gleaned the following from an article published by the Boston Cooking School:

Select the small variety of newly dried Navy Beans, soak in cold water for one hour, drain, and fill a Boston bean jar two-thirds full of the beans. Check the rind of a piece of salt pork, place on top, fill to the brim with hot water, add a pinch of dry mustard and three tablepoonsfuls of black molasses; place on cover. Bake in brick oven over night. Serve with Boston brown bread.

The beans must be whole, dry, mealy, and of a rich brown color, which feature can only be accomplished in a brick oven under certain conditions: that is, they are to be baked at night in an oven which has been used for other purposes during the day. The remaining slowly declining heat has the proper effect to produce the most delicious flavor.

When baked in the range, the fire should be kept very slow for three or four hours, then allowed to go entirely out, which will produce nearly the same results.

RED KIDNEY BEANS.

(*Fr. Flageoletts rouges*) (*Ger. Rothe Bohnen*).

Are an American variety of pole runners which grow quite large, kidney shape, and bright red. They are generally used as a dry bean. Their beautiful color and excellent flavor has won for them a place among the highly classed legumes. They are prepared and cooked the same as Navy Beans.

LIMA BEANS.

(*Fr. Haricots de Lima*) (*Ger. Lima Bohnen*).

A variety of climbing or pole beans, that has no equal when shelled about two-thirds grown. They are very perishable, and should be cooked as soon as they are removed from the pods, for when exposed to the air a short time they become spotted and moldy, which destroys their delicate flavor. Their season is of short duration, lasting only from August 15th to September 15th. When freshly shelled, they have a spotless, glossy and yellowish green appearance. They are dried when more matured, but are then only suitable for soups and purees. The canned are fair, yet do not compare with the fresh.

LIMA BEANS, PLAIN BOILED.

Remove from the pods, steep in cold water a few minutes to make them crisp, boil in salted water until tender, drain, toss over hot fire in a saute pan with butter. Season with salt and pepper. Serve on a hot platter as a vegetable, or use for garnish.

LIMA BEANS, MAITRE D' HOTEL.

The same as plain boiled, except add a little lemon juice, sprinkle with chopped young parsley. Serve on fancy cut slices of toast.

LIMA BEAN SALAD.

Plain boiled, drain, press dry in a napkin, put in salad bowl, place in ice-box to get very cold. Cut one sound onion in small dice, blanch, immerge in cold water, press dry, season with olive oil, lemon juice, salt and cayenne pepper. Heap in a pyramid on a salad plate, sprinkle with chopped chives. Garnish around the base with hard boiled eggs cut in quarters. Serve.

PUREE OF LIMA BEANS.

Use dry Lima beans and proceed the same as for Puree of Navy Beans.

BROAD OR WINDSOR BEANS.

(Fr. *Feves de Windsor*) (Ger. *Saubohnen*).

This bean is a native of western Asia, being known to the ancients in prehistoric times, and is still largely cultivated in the fields and gardens of the old world. They are much the nature of the Lima Bean (containing fifty per cent. nutritive value) and are shelled, prepared and cooked the same as Lima Beans. When dry they are used as feed for horses, sheep, hogs, etc.

BEETS.

(Fr. *Betteraves*). (Ger. *Rothe Ruben*).

The beet is a fleshy succulent root of a biennial herb *Beta vulgaris* of the goose-foot family, which produces an edible root the first year, and seed the second year.

The common beet has many varieties in cultivation, but the Sugar, Red and White only are concerned in culinary operations.

The Sugar is a variety with small top leaves and a large root, which is extensively cultivated in France and Germany for producing beet sugar, on account of its great yield and saccharine qualities.

The Red, also rich in sugar, is the subject of considerable solicitude on the part of the market gardeners because of its extensive use for cooking.

The White or Swiss chard is a distinct variety cultivated for the leaves and leafstalks, and is much superior to the common beet for greens, yet

the roots are of no value. Early in the spring, when the leaves are young and tender, they are picked and cooked like spinach. Later, when they grow larger and less suitable for greens, the stems, which are long, tender and waxy white, are cooked and eaten like asparagus.

The roots of the Red are of the greatest value, and when cooked should be tender, well flavored and a crimson color all through, which makes them indispensable in artistic cookery.

BEETS PLAIN BOILED.

Select smooth, young, red beets, cut off tops half inch from the root, wash and clean without cutting or scraping; great care should be taken not to injure the root, as in boiling it will lose its color and flavor. Boil in salt water (add a little vinegar to set the color) from one to four hours, according to the age and size. When done submerge in cold water, peel or rub off the skin and use as needed.

BEETS WITH MELTED BUTTER.

Slice plain boiled beets one-fourth inch thick, arrange in vegetable dish, season with salt and pepper. Serve very hot with melted butter poured over.

BEETS IN CREAM.

Slice cold boiled beets into a stew pan, moisten with a little strong white broth, let simmer until thoroughly heated, add a liaison of egg yolks and sweet cream, chafe over a quick fire for a few seconds, season with salt and pepper. Serve in a covered vegetable dish.

BEET-ROOT SALAD. (1)

Slice cold boiled beets into a salad bowl. Season and serve with French salad dressing poured over.

BEET-ROOT SALAD. (2)

Arrange slices of cold boiled beets alternately with slices of hard boiled eggs on a platter; season with salt and pepper. Serve with olive oil and a little lemon juice poured over.

BEET-ROOT SALAD. (3)

Pass cold boiled beets through a column tube; slice. Arrange in a wreath, overlapping each other on a platter; pour over French salad dressing; garnish center with leaf lettuce cut Julienne style.

BEET-ROOT MAYONNAISE.

Stir equal parts of cold Bechamel sauce and Mayonnaise together; slice cold boiled beets in salad bowl, mix in the sauce, season with salt, pepper and lemon juice. Serve on a lettuce leaf with some of the sauce poured over. Garnish with a quarter of a hard boiled egg and chopped chives.

BAKED BEETS.

Select smooth, young red beets of uniform size, wash

thoroughly, bake in a slow oven from four to six hours; when done serve hot seasoned with butter, pepper and salt. When cold pare off the outside, cut in small dice. Mince an onion, saute in butter until a golden color, add beets, season with salt, pepper and a little tarragon vinegar. Let simmer until thoroughly heated. Serve in a deep vegetable dish.

BEETS STUFFED.

Bake the beets as in the foregoing recipe; when done cut off the crown one-fourth down to make the cover, dig out the center with a vegetable scoop, chop it very fine, add a little white sauce, season with salt, pepper, butter and a little lemon juice. Fill the cavity, put on cover, return to oven and let remain until they become very hot. Serve on folded napkin; garnish with parsley.

PICKLED BEETS.

Put plain boiled beets in a stone jar. add a few mixed spices, cover with vinegar and use when needed. They are not favored as a pickle, yet, when prepared in this manner, they are always ready to cut in fancy shapes to garnish salads, vinalgrettes, etc.

BEET GREENS.

Procure freshly gathered young Swiss chard-beets, cut off the tops, pick out the wilted leaves, remove the stalks, wash in several waters, drain and boil for thirty minutes in water to which has been added a pinch of salt and soda. Drain, chop fine, season with butter, pepper and salt. Serve as a vegetable or with boiled salt meats.

BEET STALKS WITH MELTED BUTTER.

Cut off the leaves and roots, wash thoroughly, tie in bunches, let steep in cold water for two hours; drain, and boil in salted water for twenty minutes or until tender. Cut the bands. Serve on asparagus platter with melted butter poured over.

BROCCOLI.

(Fr. Chou-Brocoli.) (Ger. Spargel-Kohl.)

Is a plant of the cabbage species, *Brassica oleracea*, resembling the cauliflower so closely that it is hardly possible to distinguish the difference. There are two varieties, the Purple and White Cape. The Purple grows the larger and more compact, yet the White is the best flavored.

Broccoli is most successfully cultivated on Long Island, and from there we are supplied from October to December, which time fresh vegetables are very scarce; consequently it is a welcomed visitor to the market. (For preparing and cooking see Cauliflower.)

BRUSSELS SPROUTS.

(Fr. Choux de Bruxelles.) (Ger. Rosenkohl.)

Is a plant of the cabbage family, *Brassica oleracea, gemmifera* and produces in the axils of the upright stem numerous small green heads or "sprouts" each a cabbage in miniature about an inch in diameter.

Also called THE THOUSAND-HEADED CABBAGE.

These tasty little vegetables are found on the market from October to April, and are at their best when slightly touched by frost, which makes them tender and richly flavored.

BRUSSELS SPROUTS, PLAIN BOILED.

Select the sprouts of uniform size, pick off the outside leaves, wash thoroughly in cold water, cook in boiling water (to which has been added a pinch of soda and salt) until tender. Remove from the fire, pour off the hot water, immerse in cold water, drain, press dry in a clean towel and use as needed.

BRUSSELS SPROUTS, SAUTE.

Select small compact sprouts, pick off the outside leaves, wash, blanch in water to which a pinch of soda and salt has been added, drain, press dry, saute in butter for five minutes, season with salt, cayenne pepper and a little lemon juice. Serve in a border of mashed potatoes; garnish with a sprig of fried young parsley.

BRUSSELS SPROUTS FRIED IN CRUMBS.

Prepare the same as in the foregoing recipe, except, season with salt and pepper, roll in flour, egg and bread in fresh crumbs, fry in hot fat. Serve while very hot on folded napkin.

BRUSSELS SPROUTS FOR GARNISH.

Select small compact sprouts of uniform size, pick off the outside leaves; trim neatly, blanch, press dry, saute in butter, season with salt and pepper.

GARNISH, A LA FLAMANDE: Prepare one pint of sprouts as in the foregoing directions. Cook and glaze a like quantity of small onions, turnips and carrots cut the same size with a Parisian cutter. Arrange alternately in groups around meat entrees.

BRUSSELS SPROUTS IN GRAVY.

Prepare, blanch and simmer for a few minutes in brown gravy, season with salt and a little cayenne pepper. Serve in croustades or paper cases.

OMELET WITH BRUSSELS SPROUTS.

Prepare the same as for garnish, roll in omelet. Serve on hot platter with brown sauce separate.

BRUSSELS SPROUTS, BECHAMEL.

Plain boil the sprouts, season, and serve in deep vegetable dish with rich Bechamel sauce poured over.

SALAD OF BRUSSELS SPROUTS.

Plain boil, put in ice-box to remain until very cold. Season, dress with olive oil, malt vinegar and a few drops of Tabasco sauce. Serve on curly lettuce leaf.

CABBAGE.

(Fr. Chou.) (Ger. Kohl oder Kraut.)

Is an esculent vegetable of many species, derived from the wild *Brassica oleracea*. The common cabbage has heavy veined leaves of a rounding shape, crowded into a solid head on a short stout stem.

There are many varieties cultivated, all of which are divided into three distinct classes, namely the White, Red and Savoy.

The White is far the best flavored and most suitable for general purposes. Its fame has become world wide, and is considered by some second to none in the vegetable kingdom.

The Red is cultivated principally for pickling and ornamental cookery.

The Savoy is a variety with wrinkled leaves. It is much grown for winter use, but is strongly flavored and less delicate than the white.

Cabbage is plentiful the year 'round and when properly cooked, is nutritious and healthy. But it must be remembered that the quality of it as food depends largely on the nature of the cooking.

BOILED CABBAGE.

Remove the outside leaves, quarter, cut out the heart, wash thoroughly, blanch, immerge in cold water, finish cooking in boiling salt water (the sauce pan should not be covered while cooking), drain. Serve very hot with melted butter poured over, or any sauce desired.

Cabbage must be thoroughly done. When old blanch in two or three waters before boiling. When young, it is best when cooked in boiling meat stock, without blanching.

CORNEB BEEF WITH CABBAGE.

Put a fat piece of corned beef to boll in hot water; clean, quarter and blanch the cabbage. When the corned beef is half cooked put in the cabbage and let remain cooking until thoroughly done, drain. Serve on a platter with slices of the beef laid on top. HAM, BACON, SALT PORK, TONGUE or JOWL can be used instead of corned beef. The cabbage

is blanched to remove the strong odor and taste, which is even offensive to those that are fond of it.

CABBAGE WITH FRIED APPLES.

Chop plain boiled cabbage very fine, saute in butter, season with salt and pepper. Peel some sour apples, core, cut in rings, roll in flour and fry in hot lard. Heap the cabbage in small pyramids on a hot platter. Serve with a slice of the apple on each pyramid.

CABBAGE WITH PORK SAUSAGE.

Fry the required number of small link pork sausages. Chop and saute plain boiled cabbage, season, heap on a hot platter, smooth down omelet shape, arrange the sausage endwise around the cabbage to form a border. Serve with poached eggs on top.

CABBAGE STEWED IN CREAM.

Cut the required amount of plain boiled cabbage in dice one inch square. Put in saucepan with a lump of butter, cover with sweet cream, simmer until the cream is reduced to half, season with salt and pepper. Serve in a covered vegetable dish.

STUFFED CABBAGE, FERMIERE.

Select a small young head of cabbage, clean, pick off the leaves one by one, (being careful not to break them) until they are all removed from the heart; wash, trim the thick veins even with the leaf, steep in water (add a pinch of soda) for one hour.

STUFFING: Chop very fine a green sweet pepper and a few shallots, saute in butter a few moments, moisten with a little strong chicken broth, simmer for half hour, add some shredded bacon, and a ripe tomato cut in small pieces; cook fifteen minutes longer, add enough cracker meal to absorb the moisture, season with salt, pepper and a little grated nutmeg.

Blanch the leaves in salted water, drain, press dry in a cloth, spread on the stuffing, roll up the leaves, arrange in saute pan, moisten with a little demi glaze. Cover with an oiled paper, simmer for one hour on back part of the range. Serve on a hot platter; garnish with a sprig of fried young parsley.

STUFFED CABBAGE FOR GARNISH.

Prepare the same as the foregoing, except use chicken farce for the stuffing; glaze. An excellent garnish for meat entrees.

HOT SLAW, PLAIN.

Pick off outside leaves, cut in quarters, remove the heart, shred, wash, steep in salt and water a few minutes, drain, boil with a ham-bone until thoroughly cooked, drain in a collander, take out ham-bone, simmer in sour cream, season with butter, salt and pepper. Serve in a deep vegetable dish.

HOT SLAW, GERMAN STYLE.

Shred the cabbage very fine with a slaw cutter. Cut a piece of salt pork in small dice, mince a like amount of

onion, mix and saute to a golden color. Add the cabbage (raw), moisten with a little strong consomme, cover the pan and bralse slowly for two hours (keep moist and stir occasionally while cooking). Season with Cayenne pepper, salt and a little vinegar. Serve as a vegetable or with spareribs, Frankfurt sausage, etc.

COLE SLAW.

Clean and shred a head of young cabbage, steep in ice water until crisp. Drain and press dry. Sprinkle with a little fine sugar, season with salt, Cayenne pepper and a little malt vinegar. Serve on a lettuce leaf. Garnish with chopped parsley.

CABBAGE SALAD, HOME STYLE.

Prepare the cabbage the same as for Cole Slaw. Make a boiled salad dressing in the following manner: Put equal parts of water and cider vinegar into a farina boiler. Add a little sugar, salt, paprica, chunk of butter and a pinch of mustard, cover and let cook thirty minutes. Beat some egg yolks, dilute with a little cold water, and stir briskly into the hot mixture; remove from fire as soon as it congeals. By degrees incorporate one-fourth its quantity of rich sweet cream. Put in ice box to remain until cold; then mix with the cabbage and serve in a salad bowl. Garnish the top with a basket made of a hard boiled egg filled with chopped chives.

CABBAGE SALAD, MAYONNAISE.

The same as the foregoing, using mayonnaisse instead of boiled salad dressing. Serve on salad plate. Garnish with fancy cut pickled beets.

CABBAGE SALAD, PLAIN.

Shred, and chill the cabbage in ice water, drain and press dry. Mix with olive oil and vinegar, season with salt and a few drops of Tabasco sauce. Serve in small pyramids on a curly lettuce leaf. Red cabbage can be prepared in the same manner, and arranged alternately in pyramids with the white, making a very attractive dish. Shreds of ham and bacon are often fried and added to the above.

CABBAGE SOUP, FLEMISH STYLE.

Chop the cabbage very fine; put into a deep saucepan with a lump of butter. Add a ham-bone, chopped onion, a faggot of parsley and a few pepper corns; bralse thirty minutes. Moisten with the required amount of strong white stock (to make the soup), let boil and shove back to simmer until the cabbage is cooked to a pulp. Thicken with flour and water (whitewash); let boil until it becomes transparent. Remove the ham-bone and faggot, rub through a hair sieve. Season with pepper, salt and a glass of white wine. Serve with sippets of bread.

SAUERKRAUT.

Is a much esteemed German dish. The cabbage is cut fine and allowed to ferment under pressure in brine made of its own juice and salt.

SAUERKRAUT, GERMAN STYLE.

Wash the sauerkraut in cold water to remove the bad odor, drain and proceed the same as directed in Hot Slaw, German Style. Caraway seeds may be added if desired.

SAUERKRAUT, AMERICAN STYLE.

Wash, drain, press dry, braise in butter for two hours, moistening occasionally with a ladle-ful of consomme: thicken with grated raw potato. Add some chopped sour apples. Season with Cayenne pepper and salt. Serve in a deep vegetable dish.

PICKLED RED CABBAGE.

Shred the cabbage fine with a slaw cutter. Put into a stone jar in layers, sprinkle each layer with salt, let stand for forty-eight hours. Drain off the salt liquor which has formed, and pour over a well-seasoned pickle of boiling vinegar. (Black pepper, cloves, mustard seed and sliced ginger root are the best for seasoning.) When cold hermetically seal the jar and store in a cool place.

CALAMINT.

(Fr. *Calament*). (Ger. *Kalaminth*).

A genus of perennial plant *Calamintha* of the Mint family. Also called basil thyme. The roots of this aromatic herb, when cut in small pieces and infused in alcohol, imparts a delicate violet odor; used for flavoring pastries, desserts, etc.

CANTALOUPE.

(Fr. *Cantaloup*). (Ger. *Cantaloupe Melonen*).

Takes its name from the castle Cantalupo, in the Marca d'Ancona, Italy, where they were first grown in Europe from seed imported from Armenia. It is a variety of the musk melon, having a yellowish or pale-green skin and reddish flesh when ripe. An error is often made by calling all kinds of melon cantaloup.

CANTALOUPE TO SERVE.

Select those having a pleasant sweet odor, yellowish skin, and when picked the stem will break off close to the melon. Put in ice box to remain until thoroughly chilled. Cut in half, remove the seeds. Serve on a folded napkin. The old custom of filling the cavity with ice is the subject of severe criticism. To a connoisseur it is a gross insult, which is justly founded on the fact that the delicate flavor is entirely destroyed by the ice.

CAPERS.

(Fr. *Capres*). (Ger. *Kapern*).

The caper plant *Caparis spinosa* is a low shrub of Mediterranean countries cultivated in

the south of Europe for its flower-buds, which are grayish-green and have a sharp aromatic flavor. When pickled in vinegar they are used as a condiment and in making salads, sauces, etc. Capers are often substituted by nasturtium seeds and unfolded elder buds, which compare favorably in size and appearance, but not in flavor.

CAPER SAUCE.

Is used for boiled mutton, salt water, fish, etc. The stock is made into a white sauce, seasoned and the capers added.

CARAWAY.

(Fr. *Carvi*). (Ger. *Kummel*).

Is a biennial plant of the parsley family, *Carum Carui*. The seeds have an aromatic smell and a warm pungent taste. They are extensively used in German cookery for seasoning and also for flavoring liquors, confections, pastries, etc. The roots, which resemble the parsnip, were once a popular vegetable, but now are rarely used.

CARDOON.

(Fr. *Cardon*). (Ger. *Kardone*).

Is a large herbaceous plant *Cynara Cardunculus* of the aster family. Also called the prickly artichoke. The thick fleshy stalks and ribs of the leaves are blanched and eaten by the Spanish and French as a vegetable.

CARDOON WITH OX MARROW.

Select the inner white stalks which are crisp and tender. Blanch in acidulated water, press dry, rub off the outside skin, cut in pieces three inches long, saute in butter, moisten with white stock, cover with an oiled paper and simmer until tender and the liquor is all evaporated. Season with white pepper, salt and a little lemon juice. Serve on fancy cut pieces of buttered toast. Garnish with slices of boiled ox marrow rolled in finely chopped sweet herbs.

CARDOON SALAD.

Select the young leaves. Blanch, press dry, put in a salad bowl that has been thoroughly rubbed with a clove of garlic. Dress with olive oil and vinegar. Season with salt and Cayenne pepper. Serve in same bowl.

CARROTS.

(Fr. *Carottes*.) (Ger. *Mohren oder Gelbe Ruben*.)

The common carrot is an umbelliferous plant of many varieties. The best known specie, *Dau-*

cus Carota yields in cultivation a reddish yellow and usually spindle shape edible root the first year. It is supposed to possess medicinal properties; yet it is of less nutritive value than the potato, being largely composed of water, cellulose and saccharin matter. The famous carrot was considered a choice table vegetable by the ancient Greeks, and still retains its popularity to such an extent that hardly a soup, sauce or stew would be considered properly prepared without its flavor. It is plentiful the year around and cannot be surpassed as a vegetable for seasoning.

BOILED CARROTS WITH WHITE SAUCE.

Wash the required number of young carrots, scrape from the crown down, immerge in cold water, cut in dice half an inch square, or scoop out with a Parisienne cutter. Boil in salted water until tender, drain and simmer in a white sauce for twenty minutes. Season with salt, pepper, grated nutmeg and a little lemon juice. Serve in a deep vegetable dish.

CARROTS, MAITRE D'HOTEL.

Clean, boil whole in salted water until tender. Cut lengthwise in quarters, saute in butter, season with salt, pepper and a little lemon juice. Arrange neatly on a platter, sprinkle with finely chopped parsley. Serve.

CARROTS, A LA CREME.

Clean, cut in slices half an inch thick. Parboil in salted water, drain. Simmer until tender in equal parts of rich cream and Bechamel sauce. Season with salt, white pepper and a little grated nutmeg, sprinkle with chopped parsley and serve in deep vegetable dish.

CARROTS, POULETTE.

Clean, cut in fancy shape with a vegetable scoop. Parboil, drain and simmer until tender in poulet sauce. Season with salt and a few drops of Tabasco sauce. Serve in paper cases or on fancy cut croutons. Garnish with chopped hard boiled eggs.

CARROTS WITH FINE HERBS.

Clean, cut in half lengthwise. Stamp out with a small column tube (about the size of macaroni), blanch. Mince some shallots, saute in butter, add the carrots, moisten with strong chicken broth, cover with an oiled paper, simmer until tender. Season, sprinkle with chopped parsley. Serve in a deep vegetable dish.

GLAZED CARROTS FOR GARNISH.

Clean, scoop out with a small Parisienne cutter, blanch, put in a saute pan, cover with demi-glaze. Braise in a hot oven until tender, strain off the remaining sauce, return to fire in a clean saute pan. Sprinkle with a little powdered

sugar, toss until quite dry and glossy. Use for garnishing meat entrees.

MASHED CARROTS.

Select young carrots, clean without scraping. Cut in slices, boil in salted water until tender, drain, mash through a fine sieve. Return to fire, slowly evaporate the moisture, finish with a chunk of butter and sweet cream. Season with salt and white pepper. Serve the same as mashed turnips, or with boiled beef.

CARROTS SOUFFLE.

Prepare the same as mashed carrots. Separate the required number of fresh eggs (one to a portion), beat the yolks and mix with the mashed carrots; whip the whites to a stiff froth, stir gently into the pulp. Put into paper cases, bake in a slow oven until it becomes a rich golden color. Serve on a folded napkin.

PUREE OF CARROTS.

Clean the required number of young carrots without scraping. Cut in slices, braise in butter with chopped shallots, sprig of celery, a ham bone and a few mixed spices; add strong beef bouillon. let boil, shove back to simmer until the carrots are cooked to a pulp, remove the ham bone, thicken with flour and water or grated raw potatoes. Cook until it becomes transparent. Rub through a puree strainer, season with salt and white pepper. Serve with plain boiled barley in a side dish.

FRIED YOUNG CARROTS.

Select small young carrots of uniform size. Clean and submerge in boiling water. Rub off the outside skin with a clean cloth. Boil until tender in salted water, drain, and press dry. Season, roll in flour, fry in butter. Serve on fancy cut croutons.

PICKLED CARROTS.

Put plain boiled carrots (whole) into a stone jar, add some mixed spices, cover with vinegar. Use for garnishing salads, etc.

CARROT AND BEET-ROOT SALAD.

Arrange alternately slices of cold boiled carrots and beet-roots in a border around the edge of a platter. Fill center with finely shredded celery. Season and dress with olive oil and malt vinegar. Serve.

CATCHUP OR CATSUP.

(*Fr. Catchup.*) (*Ger. Catsup.*)

Catchup was originally an East India pickle, called Kitjap. Now a popular sauce for meat, fish, etc. Prepared from walnuts, mushrooms and tomatoes.

WALNUT CATCHUP

Gather twenty pounds of green walnuts, pound them to a pulp, put into a five-gallon stone jar with one-half pound of ground ginger, one-fourth pound of chopped shallots, six

cloves of garlic, four bruised red pepper pods, one-fourth pound of ground cloves, one pound of salt. Let macerate for four weeks in a warm place (stir every day). Then pour three gallons of boiling malt vinegar over them, let cool, strain through a fine cloth, bottle and cork tightly. Store in a dry place.

MUSHROOM CATCHUP.

Procure twenty pounds of full grown hothouse mushrooms, trim off the lower part of the roots, shake out the sand (do not wash or peel them).

Pack in layers in a six-gallon stone jar with salt between each layer (using two pounds of salt). Let stand for six hours, then mash into a pulp with a wooden potato masher. Let stand for two days (stirring every six hours), then let stand without stirring in a warm place until a thick white scum rises to the top.

Strain through a fine sieve into a clean saucepan, add four ounces of chopped ginger root, four ounces of crushed pepper corns, half pound mustard seed and one ounce of whole mace. Boil up gently, pour into a clean stone jug, tie a thin piece of cheese cloth over top and let steep six months in a cool place. Then heat it again by setting the jug in a hot water bath. Strain through a muslin bag and bottle for use.

TOMATO CATCHUP.

Select twenty pounds of freshly picked ripe tomatoes. Wash, cut in four, put in a clean saucepan and cook until reduced to one-half. Rub through a fine sieve, return to the fire, add two quarts of cider vinegar, one ounce of ground cloves, one ounce of ground allspice, three ounces of ground white pepper, and one ounce of ground cinnamon. Simmer for four hours, remove from fire, add three pounds of confectioners' glucose. Bottle while hot, being careful to cork very tightly. Store in a cool place. To prevent fermentation, which is somewhat troublesome, add ten grains of salicylic acid.

CAULIFLOWER.

(Fr. *Chou-fleur.*) (Ger. *Blumenkohl.*)

Cauliflower is a fleshy compact edible head, formed by the young flowers of a cultivated variety of cabbage, *Brassica oleracea*.

Broccoli and cauliflower differ so little in appearance that one is often mistaken for the other. Yet the latter no doubt is the more succulent and possesses the best flavor. They are, however, prepared and cooked the same.

Cauliflower is cultivated to a perfection by our market gardeners, who are well paid for their pains. It is in season from June to October and from February to April. When purchasing,

select the heads that are compact, clear snowy white and free from worms.

BOILED CAULIFLOWER.

Pick off the leaves, neatly trim the axle close to the head, wash thoroughly in cold water, and steep in salted water for two hours before cooking; drain, wipe dry. Cut a lemon in half, rub over the head to keep it white, boil in salted water until tender. Remove from fire and let stand in same water until ready to serve; drain and serve in a deep vegetable dish, with drawn butter, Hollandaise or cream sauce poured over.

CAULIFLOWER, VINAIGRETTE.

Serve cold boiled cauliflower on a lettuce leaf with vinaigrette sauce; garnish with gherkins cut fan shape.

CAULIFLOWER SALAD.

Pick cold boiled cauliflower apart, serve in a salad bowl with French dressing.

CAULIFLOWER AU GRATIN.

Boil in the usual way, drain, cut off axle close to head, place in gratin dish, pour rich Bechamelsauce over sprinkle with grated American cheese, fresh bread crumbs and little chunks of butter. Bake until it becomes a rich brown color; serve in same dish.

CAULIFLOWER, MAYONNAISE.

Serve cold boiled cauliflower on a lettuce leaf with Mayonnaise dressing. Garnish with fancy cut pickled beets.

CAULIFLOWER FRIED IN BATTER.

Trim, wash, boil until tender in salted water, drain, wipe dry with a cloth, pick off the small branches, season with salt and white pepper, roll in flour, dip in batter, fry in hot fat, drain. Serve on folded napkin. Garnish with fried young parsley.

CAULIFLOWER FOR GARNISH.

Trim, wash, and boil the heads until tender in salted water. Pick the small branches apart, drain, press dry in a cloth, dip in meat glaze and use to garnish entrees.

CAULIFLOWER, ITALIAN.

Serve plain boiled cauliflower in a border of rice, with white Italian sauce poured over.

CAULIFLOWER CREAM SOUP.

Trim, wash, blanch in salted water, drain, and finish cooking in strong white broth; remove the cauliflower when done. Prepare a mirepoix of butter, a sprig of celery, bay leaves, carrot, chopped shallots and flour, let braise slowly for fifteen minutes without browning; add broth, stirring vigorously to make it smooth; let boil, shove back to simmer one hour. Strain, add one-fourth sweet cream, season with salt, Cayenne pepper and grated nutmeg; pick the cauliflower into small bits, add to the soup and serve with slices of buttered toast separate.

CELERIAC.

(Fr. *Celeri-rave.*) (Ger. *Sellerie-Knolle.*)

Is a species of celery *Apium graveolens rapaceum*, having a globe shaped edible root, commonly called the turnip-rooted celery. The seed of this plant is imported from Hamburg, and it is quite extensively cultivated in this country, being highly favored by the Germans as a salad, also for seasoning soups, etc. Celeriac is in season from October to May.

BOILED CELERIAC, MELTED BUTTER.

Select smooth young roots, peel off the outside skin, cut in quarters, boil in salt water until tender. Drain, slice, season and serve in a deep vegetable dish with drawn butter poured over.

CELERIAC SALAD, GERMAN STYLE.

Prepare and boll the same as directed in the foregoing. Drain, press dry, and put away to remain until cold. Rub a salad bowl with a clove of garlic, slice in the boiled celeriac, season with salt and a little Cayenne pepper, dress with olive oil and vinegar. Serve in the same bowl. Garnish the top with slices of hard boiled eggs.

CELERY.

(Fr. *Celeri.*) (Ger. *Sellerie.*)

Is an aromatic plant of the parsley family *Apium graveolens*, cultivated principally for the stalks, which are blanched during growth by heaping the earth around them as they spring above the ground. Celery has become such an important article of food that it is now indispensable.

The outer stalks are picked off, leaving only the inner tongue or "heart", which is chilled and eaten raw as a relish. The remaining stalks that are not suitable to serve as a relish, can be used for soups, salads, and prepared in various ways as a vegetable. (See salads). Celery is in season from July to March. The home grown is considered the best flavored, yet the Michigan is preferred by some. The California celery grows very large, but is fibrous and does not possess the delicate flavor that characterizes the others.

TO PREPARE CELERY FOR A RELISH.

Cut off the upper leaves, trim the bottom or root neatly around (being careful not to cut away more than is necessary to remove the portion that is discolored), pick off the

outer stalks until only the heart remains, wash them thoroughly, then steep in ice water until they are crisp and tender. The outer stalks should be tied in little bundles and sent to the kitchen, to be used for salads, soups, etc.

Serve the hearts on a relish dish covered with shaved ice, or on the bread and butter plates when used for a banquet.

FRIZZLED CELERY FOR SALADS, ETC.

Select the best of the outer stalks, wash, cut in pieces two inches long, place each piece between a clothes pin, shred both ends very fine with a sharp knife, set aside to steep one hour in ice water, when they will be found to be a very attractive garnish for salads.

BOILED CELERY, WHITE SAUCE.

Cut outer stalks in pieces three inches long, wash, and steep in salt water for two hours. Drain and boil in white broth until tender, remove from the fire, strain off the broth, thicken with roux, season, arrange the celery in a deep dish, pour over the sauce. Serve.

CREAM OF CELERY, COMTESSE.

Cut the celery in small pieces, wash, braise with mirepoix in butter for fifteen minutes, add sufficient flour to thicken the soup, slowly incorporate the required amount of strong chicken broth, boil up and shove back to simmer for three hours, strain through a fine hair sieve. Season with salt, white pepper, and a little nutmeg. Finish with a liaison of egg yolks, and sweet cream. Serve with croutons.

CELERY SALAD.

Cut the tender part of the outer stalks in dice half an inch square, wash on a colander, steep in ice water for one hour, drain, press dry, put into a salad bowl, season with salt and a few drops of Tabasco sauce. Dress with olive oil and malt vinegar. Serve on curly lettuce leaves. Garnish with water-cress and beets cut in fancy shape.

CELERY MAYONNAISE.

Prepare the celery the same as in the foregoing. Season and mix with Mayonnaise. Serve in small pyramids with some of the Mayonnaise poured over. Garnish top with capers.

STEWED CELERY IN GRAVY.

Cut the outer stalks in small pieces, wash and blanch in salt and water. Return to fire in clean sauce pan, cover with gravy and let simmer until tender. Season with Cayenne pepper and salt. Serve as a vegetable or with meat entrees.

CHERVIL.

(Fr. Carfeuil.) (Ger. Kerbel.)

Is a garden herb, *Anthriscus Cerefolium* of the parsley family, with pinnately divided leaves which are used for seasoning soups, salads and for flavoring vinegar. The root of one of the species closely resembles the carrot and is said to

be good to eat, yet it has never become very popular.

CHESTNUTS.

(Fr. *Chataigne ou Marron.*) (Ger. *Kastanie.*)

Is an edible nut of a forest tree *Castanea vesca* of Europe and America. The nuts grow in clusters, two or three enclosed in a prickly burr, which opens after a few autumn frosts. Then the nuts can be easily gathered by slightly shaking the tree. The Spanish, French and Italian chestnuts (Marron) grow much larger than the American, and are more suitable for the various culinary purposes to which they are adapted, yet they are not as delicate and sweet for eating raw.

The marron, when preserved in syrup, is extensively used in confections, pastries and desserts, being the important feature of the famous Nesselrode Pudding.

CHESTNUTS. HOW TO PREPARE.

Make two incisions, crossing each other on the rounding side of the chestnut, with the sharp point of a knife. Then put the nuts on a shallow baking sheet, and set them on the shelf of the range until the shell begins to dry and curl away from the meat. Pull off the shell and rub the nut with a coarse kitchen towel to remove the tissue or skin. Put in a cool dry place and use when needed.

BOILED CHESTNUTS.

Shell and rub off the skin of the required number of chestnuts. Put them, after picking out the discolored and wormy ones, into a cheese-cloth sack. Boil in salt water until tender, pour off the water and remove the chestnuts from sack. Simmer in sweet cream for fifteen minutes, season with butter, salt and white pepper. Serve as a vegetable in the usual way.

CHESTNUT STUFFING.

After cleaning the chestnuts, boil them to a pulp in sweet cream; add enough fresh bread crumbs to absorb the moisture. Season with plenty of good butter, salt and white pepper. An excellent stuffing for game and poultry.

CHESTNUT GARNISH CHIPOLATA.

Pick out small sound chestnuts, clean in the usual way, put into a cheese-cloth sack and boil until soft (but not broken), drain, and remove from the sack. Cut out a like number of carrots, the same size of the chestnuts, with a Parisian cutter; boil in salt water, drain and press dry. Boil the same amount of Chipolata sausage; remove the skin. Put all together in a sauce pan, cover with chicken glaze (that has been diluted and slightly thickened), sim-

mer for twenty minutes, season with salt, Cayenne pepper and grated nutmeg. Use for garnishing meat entrees, etc.

CHESTNUT SALAD.

(See Nut Salads.)

CHICK-PEAS.

(Fr. *Pois-Chiche*.) (Ger. *Kichererbsen*.)

Is the seed of a leguminous plant, *Cicer arietinum* of Asia, Africa, and Southern Europe. This nutritive little vegetable, the cultivation of which in Mediterranean countries dates from a very early period, is an important article in Egyptian and Spanish cookery.

When roasted they are the common "parched pulse," the chief food of travelers while crossing the vast desert tracts of the far East. They are also one of the many ingredients used in the preparation of the native Spanish dish, Olla-podrida. The harmonizing nature of these peas is such that they are frequently employed by the French in many of their ragouts, yet they are not considered consistent enough to constitute a dish in themselves.

CHICORY.

(Fr. *Chicoree*.) (Ger. *Cichorie*.)

Is a perennial herb, *Cichorium Intybus*, of the aster family, extensively cultivated in Europe, Asia, and the United States. Its finely divided and much curled leaves, when blanched in growth, make an excellent autumn and winter salad. The roasted and pulverized roots are used for adulterating coffee.

CHICORY SALAD.

Select the well blanched heads, trim off the green leaves, pick apart, wash thoroughly, let steep in salt water for an hour, then drain and press dry in a clean cloth. Rub the salad bowl with a clove of garlic, put in the chicory, season with salt and Cayenne pepper. Pour on some olive oil, mix, add a few drops of malt vinegar. Serve in same bowl. This salad is much esteemed by the French.

CHIVES OR CIVES.

(Fr. *Cives*.) (Ger. *Schnittlauch*.)

The chive is a small bulbous plant, *Allium Schoenoprasum*, of the onion tribe, which is

propagated by dividing the root. The numerous leaves are slender, awl-shaped, and grow from four to six inches long. They impart a very pleasant onion flavor to soups, salads, cheese, etc.

Chives appear on the market very early in the spring, planted in small square boxes filled with rich soil, they will grow up several times before their virtue is destroyed, if placed near a window and treated like a potted plant. (Care should be taken in gathering to cut the leaves close to the root.)

The stew of rabbit, venison, game, etc., called "Civet," is highly seasoned with chives, from which feature they are so named.

CINNAMON.

(Fr. *Cannelle*.) (Ger. *Zimmt*.)

Is the inner bark of the shoots of the *Cinnamomum Zeylanicum*, a tree cultivated in Ceylon, Sumatra and Borneo. It has an aromatic and slightly pungent flavor, and is largely used in pastries, confections, cordials, etc. It is safe to say that little pure Ceylon cinnamon reaches the consumer without being adulterated with *cassia lignea*, Chinese cinnamon.

CLOVES.

(Fr. *Clous des girofles*.) (Ger. *Nelken*.)

Is the unexpanded flower buds of the clove tree, *Eugenia caryophyllata*, which is cultivated in Zanzibar, Brazil and the West Indies. The use of this pungent aromatic spice, which contains preservative power, has become so universally known that it is now indispensable in pickling and other culinary operations. The name "clove" is taken from the Latin *Clovis* (a nail), which it closely resembles. It is also applied to other articles, as a clove of garlic, which means one of the small bulbs; and a clove cheese, about eight pounds.

CORN. (Indian.)

(Fr. *Mais*.) (Ger. *Korn oder Mais*.)

Maize or Indian corn is a large species of Amer-

ican cereal grass of the genus *Zae Mays*. It yields when ripe numerous hard starchy kernels on a woody cob. Maize is extensively cultivated over the greater part of America and to some extent in Europe, Asia and Africa.

It may be truthfully said that there are few plants of which the uses are more various than Indian corn, and few which are of greater importance to man.

In Europe the word "corn" is applied to all kinds of grain, as wheat, rye, barley, etc. But in the United States it has been appropriated to Maize (Indian corn).

The ripe seed of the field varieties is made into samp, hulled corn, hominy grits, yellow and white Indian meal, corn starch, etc., each of which contains enough nutritive value to constitute an entire meal, if properly cooked.

Pop-corn is a small variety, grown principally for popping. The kernels contain an abundance of oil, which expands when heated over a hot fire, causing the seed coating to explode, and the inside of the kernel to puff out in a snowy white mass several times its natural size.

The garden variety, cultivated for eating green, is quite distinct from the others, being more rich in sugar and less starchy. The unmatured kernels when prepared and cooked in different ways form the excellent vegetable, which is dear to the heart of every true American. Green corn appears on the market about June 15th, and continues until September, during which time it is preserved for winter use by canning, and is so successfully done that it is frequently better than the fresh. In buying, select the freshly picked and closelykerneled ears, which have a snowy-white appearance and in the milky state; the latter feature can be easily determined by slightly pressing one of the kernels with the thumb nail. If a starchy milk oozes out and the corn possesses the other qualities it is in the pink of condition.

BOILED GREEN CORN ON THE COB.

Select the corn as directed in the foregoing. Remove the husks, pick off the silk, trim the ends neatly with a sharp knife. Go over each ear with a clean scrubbing brush to be sure the remaining silk is all removed from between the kernels. Plunge the corn into a saucepan of boiling salt water, cook from fifteen to twenty minutes. Take up and serve on a folded napkin, with butter, pepper and salt separate.

If a large quantity is to be cooked, have several saucepans in readiness so that when the contents of one is served another will be ready. In this way the corn does not become water-soaked or over-cooked. It is a good idea to add a little milk to the water, if the cobs are dark and not closelykerneled, which is frequently the case early in the season.

STEWED GREEN CORN IN CREAM.

Clean and silk the corn in the usual way. Plunge into boiling salt water, cook eight minutes, remove from the fire, wrap in a clean cloth and let remain until it becomes cool; then shave off the kernels with a dull knife. Put them in a shallow saucepan, cover with rich cream, simmer for twenty minutes. Season with butter, salt and a little white pepper. Serve in a deep vegetable dish.

SUCCOTASH. (Corn and Beans.)

Prepare the corn as directed in the foregoing, except when it is put into the saucepan to simmer, add one-fifth its quantity of plain boiled Lima beans. (See Lima Beans.) Season and serve as a vegetable.

GREEN CORN AU GRATIN.

Prepare and cook the corn ten minutes in boiling salt water, wrap in a cloth; when cool, shave off the kernels, put them in a saute pan, add a little strong Bechamel sauce, simmer for ten minutes or until it is thoroughly heated. Season, put in gratin dishes, sprinkle top with fresh bread crumbs and small bits of butter. Bake in a hot oven until they are a rich brown color. Serve while hot in same dish.

GREEN CORN FRITTERS.

Select, husk and silk the corn in the usual way. Rasp off the kernels with a coarse cheese grater or a regular "corn rasp." Put the pulp in a mixing bowl with one-half its quantity of sweet milk, a little salt and sugar. Add enough flour and the proper amount of baking powder to make it the consistency of thick pancake batter. Beat in a few raw eggs, one at a time. Fry in shallow grease. Sprinkle with powdered sugar and serve on a folded napkin with a pot of maple syrup separate.

CORN OYSTERS.

Rasp off the kernels as directed in Corn Fritters. Put the pulp into a mixing bowl, beat in a few raw eggs, salt, mix in equal parts of flour and fine cracker crumbs (add a little baking powder) to make it the consistency of thick fritter batter. Fry in shallow grease, about the size of a half dol-

lar. Serve as an entree or use to garnish chicken Maryland, etc.

CREAM OF GREEN CORN.

Prepare the required amount of green corn, rasp off the kernels. Make a white mirepoix of one leek cut in small pieces, a faggot of parsley, a few pepper corns, blade of mace, and a chunk of butter. Put them in a deep saucepan, braise (but do not brown) fifteen minutes, then add the rasped corn and sufficient strong white stock to make the soup. Boil up and shove back to simmer for one hour. When done remove the faggot and rub through a puree sieve. Return to fire in a clean saucepan, add one-fourth its quantity of Bechamel sauce, simmer gently for a few minutes longer. Season with salt and Cayenne pepper. Finish with a liaison of egg yolks and sweet cream. Serve in soup tureen, with slices of buttered toast separate.

GREEN CORN CHOWDER, NEW ENGLAND STYLE.

Rasp off the kernels of several ears of freshly gathered green corn. Cut a piece of salt pork in small dice, put them into a saucepan with a like amount of minced onions, braise for a quarter of an hour over a slow fire. Cover with strong white stock, simmer thirty minutes and remove from the fire. Peel and cut a number of new potatoes in thin slices with a Saratoga chip machine. Rinse them in cold water, drain and shake in a pan of flour until they are completely covered. Place a layer of the potatoes on the bottom of a French casserole (a stone butter jar will do if a casserole is not handy), then a layer of the corn pulp, and a ladleful of the minced and cooked onions and salt pork. Season and sprinkle each layer with fine cracker meal and chopped young parsley. Continue in this manner until all the ingredients are used up. Add enough white broth to cover the chowder. Put on the lid and bake in a slow oven for two hours. Serve in same dish if possible, with cheese crackers separate.

GREEN CORN AND TOMATOES.

Rasp off the kernels of the required amount of green corn, put them in a saucepan, add a like amount of peeled ripe tomatoes, cut in dice. Simmer until the juice is nearly all evaporated. Season with salt, Cayenne pepper and a chunk of butter. Serve on fancy cut slice of buttered toast.

STEAMED GREEN CORN ON THE EAR.

Gather the corn when in the milky state. Remove the outside husks only; then pull back the remaining ones and carefully pick out all the silk; trim off the small end, replace the husks to completely cover the ear. Wind a small cord around them to hold the husks in place. Steam for twenty-five minutes over a kettle of boiling salt and water. Remove the husks. Serve immediately covered in a folded napkin. Butter, salt and pepper separate. This method is much practiced in the Southern states.

ROASTED GREEN CORN ON THE EAR.

Prepare the ears the same as for steaming. Dig a hole in

a bed of hot wood ashes, put in the corn and roast for thirty or forty minutes. Remove, shake off the ashes, pull away the husks. Serve in the usual way. Green corn is prepared in this way for camping parties and clam bakes.

SAMP.

Samp is the broken kernels of Indian corn. This process was originated by the Massachusetts Indians, who cracked the parched kernels between two stones and called it "Sanpac."

The commercial article now known as samp is simply coarse hominy.

BOILED SAMP. (Breakfast Cereal.)

Procure freshly prepared samp, wash and soak in cold water over night. In the morning, drain, put in a farina boiler or steamjacket kettle, cover with fresh water, add a little salt and cook slowly for two hours, stir occasionally and add more water if necessary to make it of the right consistency. Serve as a breakfast cereal with sugar and cream.

FRIED SAMP.

Plain boil the samp as in the foregoing; when done stir in one-fifth its quantity of wheat flour, cook a few minutes longer, remove from the fire, turn out into square cake tins, put away to get cold; then cut in slices half an inch thick, roll in flour and fry very brown in shallow grease. Serve on folded napkin, with maple syrup separate.

BOILED HOMINY GRITS. (Breakfast Cereal.)

Sift the hominy through a coarse sieve, wash in cold water, drain. Fill a saucepan (the required size) half full of water, salt; when the water boils add the hominy grits, stir briskly to prevent its becoming lumpy. Shove back to cook slowly for three hours. Should it become too thick add a little more water. Serve with sugar and cream separate.

FRIED HOMINY GRITS.

Plain boil the hominy; when nearly done stir in one-fifth its quantity of wheat flour, cook a little longer, pour into a square mold, put away to get cold. Cut in slices, fry brown in shallow grease. Serve it neatly arranged on a folded napkin, with maple syrup separate. Hominy is often prepared this way and served as a garnish with roasts, wild duck, etc.

INDIAN MEAL MUSH.

Is prepared, cooked and served the same way as Boiled Hominy Grits. Yellow or white Indian meal may be used. Indian meal mush and milk is a very popular dish among country people who often prefer it to a more substantial meal for Sunday supper.

FRIED INDIAN MEAL MUSH.

Prepare and cook the same as Fried Hominy Grits; don't forget to add a little flour before turning it out into the molds. The nature of Indian corn is such that it contains no gluten, therefore in cooking samp, hominy grits and Indian meal mush for frying, it is absolutely necessary

to add a little wheat flour to keep it from breaking up and becoming troublesome to fry. This true American dish is many times spoiled by European cooks, who insist that it should be breaded before it can be properly fried.

HULLED CORN.

The white variety of field corn is usually selected for this purpose. The hulls are removed by macerating the whole kernels in a weak lye made of hardwood ashes. It is then thoroughly washed in several waters.

BOILED HULLED CORN.

Put the freshly prepared hulled corn into a farina boiler or a steamjacket kettle, cover with sweet milk and cook for eight hours. As the milk evaporates add more. Season with pepper, salt and butter. Serve in a deep vegetable dish.

CORN SALAD. (Lamb's Lettuce).

(Fr. *Mache*.) (Ger. *Feld-Salat oder Lammerlattich*.)

This is an annual salad plant *Valerianella olitoria*, that grows wild in the grain fields of Europe. It is also extensively cultivated and used in winter and early spring as a substitute for lettuce. Wild Corn Salad makes an excellent green when cooked like spinach.

CRESS. (Water).

(Fr. *Cresson de fontain*). (Ger. *Wasser-Kresse*).

Is a perennial salad plant of the species *Nasturtium officinale*, which grows wild on the banks of small streams and in moist places. The leaves have a slightly pungent and yet pleasant taste. This plant has the distinction of possessing a flavor that is agreeable to almost everyone.

CRESS. (Garden or Pepper).

(Fr. *Cresson de jardin*). (Ger. *Garten Kresse*).

This species, *Lepidium sativum*, is said to have been first cultivated in Germany about the beginning of the sixteenth century; the continuation of which has been so successful that now many gardeners make a specialty of growing Cress to supply the market the year 'round.

The leaves grow large, tender and delicately flavored, which makes it in every respect superior to Water Cress. In order to have a protracted crop it is necessary to sow a new lot of seed every

week, as it matures very rapidly and is useful only when young.

CRESS SALAD.

Procure freshly gathered garden or water cress. Cut off the coarse stalks, pick out the wilted leaves, wash in cold water, drain, press dry in a clean towel. Prepare a French salad dressing without using much oil. Put the cress into a bowl, season, mix in the dressing. Garnish with slices of hard boiled eggs. Serve in same bowl.

CRESS FOR GARNISHING.

Garden cress is most suitable for this purpose. Cut the band or cord that holds the bunches together. Pick out the dead and discolored leaves. Wash and steep in cold water until it becomes crisp. Then tie about three or four sprigs in a bunch with white thread, cut off the lower part of stalks to make them of equal length, set aside in cold water until they are needed.

CRESS BUTTER.

Wash a few bunches of cress. Pick off the leaves, press dry and chop them very fine. Put a lump of butter in a mixing bowl, work with the hand until it becomes waxy. Put in the chopped cress, add a little lemon juice and a small amount of sweet paprica; mix thoroughly. Slide a star tube into an ornamenting sack, put in the butter, gather in the top and lay aside.

Pick off some large green cress leaves, arrange them in clusters of three, (like clover leaves), on a sheet of wax paper with the stems toward the center and the leaves slightly overlapping each other. Then force the butter out through the tube in small stars or rosettes upon the center of the leaves making a complete little flower. Put in ice-box to remain until cold, use when needed to garnish fish entrees, etc.

CUCUMBERS.

(*Fr. Concombres*). (*Ger. Gurken*).

Is a creeping garden plant of numerous species of the genus *Cucumis sativus*. It is a native of southern Asia but has been cultivated from a very early period in all civilized countries. The green fruit is usually eaten raw as a salad, or pickled when they are small; yet they can be prepared and cooked in various ways. Among the best known varieties for salad are the Telegraph, Long Green, Giant of Arnstadt, Swan-Neck and White Spine. The latter is by far the best flavored and most suitable for the table. Many of these varieties are grown in hothouses, therefore cucumbers are in season the year 'round. For

pickling we have the Green Prolific, Westfield Pickles, Fordhook, Early Clusters, Gherkins, etc. The word "Gherkin" is applied to all kinds of small cucumbers pickled, but it properly belongs to a small prickly variety. Cucumbers are best when freshly picked from the vine; then with plenty of olive oil, they may be eaten with impunity; but when they are thrown around the market for a number of days and have become wilted they are apt to cause harmful results.

CUCUMBERS FOR RELISH.

Select freshly picked cucumbers that are from eight to ten inches long, cut away the bitter end, pare off the skin deep enough to remove the green portion, score lengthwise with the tines of a table fork. Put them in an earthen bowl and freely sprinkle with salt. Put in ice-box to remain two or three hours before they are served, then rinse them in ice-water, press dry, cut in thin slices and serve with French salad dressing separate.

This is the proper way to prepare cucumbers to serve with fish.

CUCUMBER SALAD. (1).

Prepare the cucumbers as directed for Relish, cut in slices one-fourth inch thick. Rub the salad bowl with a clove of garlic, put in the cucumbers. Prepare the dressing by rubbing the yolk of a hard boiled egg with the yolk of a raw one, add a few drops of Tabasco sauce and slowly incorporate some olive oil, vinegar and, lastly, the required amount of salt to season the salad; mix the dressing with the cucumbers. Serve in same bowl.

CUCUMBER SALAD. (2).

Prepare the cucumbers in the usual way. Cut in slices half inch thick, press dry in a clean towel.

Dressing: Blanch some Brazil nuts, pound them to a smooth paste, add a like amount of fresh bread crumbs, a clove of garlic chopped fine, Cayenne pepper, salt and sufficient sweet cream to make it the consistency of mayonnaise. Rub through a fine sieve, finish with a little lemon juice.

Mix with the cucumbers, dish on curly lettuce leaves, garnish top with capers. Serve.

CUCUMBER SALAD. (3).

Pare several small cucumbers, cut away the bitter end, slice very thin, put in an earthen bowl, sprinkle with salt, set aside to marinade for several hours, drain off the liquor, press between two plates until they are quite dry. Return them to the bowl adding a handful of chopped chives, and a like amount of sliced cold boiled potatoes. Mix with thick sour cream, season with sweet paprika and a little

more salt if necessary. Dish on a salad plate; garnish with a few sprigs of garden cress. Serve.

CUCUMBER AND TOMATO SALAD.

Arrange alternately slices of cucumbers and tomatoes overlapping each other in a wreath around the border of a salad plate. Fill center with garden cress. Pour over French salad dressing. Serve.

CUCUMBER AND GREEN ONION SALAD.

Prepare the cucumbers as directed for Relish. Slice them very thin, add some finely shredded green onions, season with salt and Cayenne pepper. Dress with olive oil and vinegar. Serve on salad plate.

STUFFED CUCUMBERS.

Select several green cucumbers about six inches long, cut off the bitter end, pare and steep in cold salt water until they become crisp. Then insert a column tube into each end far enough to have the incision meet. Push out the center. Fill the cavity with chicken or veal farce. Stop up the ends with a portion of the heart. Roll each cucumber separate in an oiled paper. Arrange in a saute pan moisten with white broth, put on cover, braise in a slow oven for forty minutes. Glaze and serve as an entree, or cut in slices and use for garnishing. Game, lobster or crab farce can be substituted for the chicken or veal.

BRAISED CUCUMBERS WITH OX MARROW.

Prepare the cucumbers the same as for stuffing, except insert a long piece of ox marrow instead of the farce meat. Stop up the ends, wrap each one separate in a piece of cheese cloth. Braise until tender. Glaze and serve on a hot platter; garnish with slices of lemon dipped in finely chopped parsley.

CUCUMBERS FOR GARNISH.

Select small thick gherkins. Pare, cut in quarters lengthwise, dig out the seeds, blanch in salt water, drain, press dry, sprinkle with a little powdered sugar, saute in butter until they are a golden color. Season with salt and Cayenne pepper. The cucumbers become transparent when prepared this way, making a very nice garnish for dishes cooked Flemish style.

FRIED CUCUMBERS.

Pare a large cucumber, cut in slices about three-fourths of an inch thick, remove the seeds with a column tube leaving the slice in the form of a ring. Steep in cold salt water one hour. Drain, press dry, season, roll in flour, fry in deep grease until they are done. Serve on a folded napkin. Garnish with a sprig of fried parsley on each ring.

DILL PICKLES.

Select medium sized cucumber pickles (about five inches long). Steep them in cold water over night. In the morning drain off the water, pack in layers in a clean oak barrel with a sprig of dill and wild grape leaves between each layer. Cover with a salt brine that is strong enough to bear up an egg. Store in a cool place for a month before using.

GHERKINS. (Sour).

Wash a thousand small gherkins, put them into a clean oak tub, cover with a salt brine that will bear up an egg, add four ounces of powdered alum; let them marinade in the brine for three days. Heat to the boiling point three gallons of cider vinegar diluted with three quarts of water, add one-fourth of pound each whole allspice, cloves, stick cinnamon and three ounces of white mustard seed. Drain off the salt brine from pickles, put them into stone jars, add a few small Mexican red peppers. Pour on the boiling spiced vinegar. Cover and store in a cool place for a few days, when they will be ready for use.

GHERKINS. (Sweet).

Prepare the same as for sour gherkins, except add seven pounds of light brown sugar to the vinegar when it is being boiled.

CURRY.

(Fr. *Cari*). (Ger. *Pulverisirtes Gewurze (aus Ostindien)*).

Curry-powder is a West India condiment composed of pulverized Cayenne pepper, salt, cinnamon, cloves, ginger-root, cardamons, onions, garlic, coriander-seed, cocoanut, tumeric, etc. It is used for making stews of meat, fish, vegetables, etc., in India and elsewhere.

DANDELION.

(Fr. *Dent-de-lion ou Pissenlit*). (Ger. *Lowenzahn*).

The wild dandelion is a common hardy perennial plant, *Taraxacum officinale*, which grows in profusion on lawns and pastures. Each plant bears a compact yellow flower. The deeply notched leaves, which closely resemble chickory, are gathered early in the spring and used for greens and salad. The roots are pulverized and used as a substitute for coffee.

Through cultivation the dandelion has been so successfully improved that it now numbers among the best spring salad plants grown.

DANDELION GREENS.

Gather the young plants early in the morning while they are wet with dew. Cut off the coarse roots, wash thoroughly, steep in salt and water for several hours to remove the bitterness. Boil a ham shank for two hours, throw in the dandelions and cook gently for forty-five minutes. When done drain, chop fine, season with butter, pepper and salt. Pick off all the meat from the ham shank, mince very fine. Dish the greens on a plate, sprinkle the top with the minced ham; serve with a quarter of hard boiled egg on each portion.

DANDELION SALAD.

The plants that grow in sandy soil are the most sutable for salad, as the stalks and leaves are usually better blanched. Cut off the roots and green portion of the leaves. Wash and steep in salt and water. When they become crisp, drain, press dry. Rub the salad bowl with a clove of garlic and put in the dandelions. Season with salt and sweet paprica, dress with olive oil and a few drops of vinegar. Serve in same bowl.

DANDELIONS AND POTATO SALAD.

Gather and clean the dandelions as directed in the foregoing. When they become crisp, press dry, cut in pieces about an inch long. Slice the same amount of cold boiled potatoes, put into salad bowl with the dandelions, add several minced green onions. Season with salt and Cayenne pepper. Cut a piece of bacon in small dice, fry to a golden color, add a little vinegar, and pour over the salad by degrees, mixing it gently at the same time. Dish on a salad plate with a leaf of lettuce underneath. Garnish with capers. Serve.

DILL.

(Fr. *Aneth*). (Ger. *Dill*).

Dill is an annual umbelliferous herb, *Peucedanum graveolens*. It yields finely divided leaves, yellow flowers and pleasant aromatic seed. The plant is a native of the Mediterranean countries, and is extensively grown in India, where it is highly esteemed for culinary purposes. In this country the leaves and flowers are used in pickling, flavoring soups and sauces.

EGG-PLANT.

(Fr. *Aubergine*). (Ger. *Eierpflanze*).

This excellent vegetable, *Solanum Melongena*, commonly called mad-apples, is of East India origin. Yet it is cultivated for its large smooth egg-shaped fruit in almost every country on the globe.

Egg-plant is in season from May to January, in fact, in favorable seasons, we are supplied with it the year 'round.

EGG-PLANT PLAIN, FRIED.

Peel the egg-plant fruit, cut in half lengthwise, then in slices about half an inch thick. Sprinkle each slice with salt, place them together again, cover with a damp cloth, set aside for two hours. Wash off the salt, drain, press dry, rub each slice with a piece of lemon, roll in flour and fry in hot fat until done. Drain, dish on a hot platter. Serve with rich Hollandaise sauce separate.

EGG-PLANT FRIED IN CRUMBS

Peel the fruit, divide in half lengthwise. Cut in slices half an inch thick. Parboil in salted water, drain, press dry. Season with pepper and salt. Egg and bread in fresh bread crumbs. Fry in hot lard. When done, drain. Serve on a folded napkin with Remoulade sauce separate.

EGG-PLANT FRIED IN BATTER.

Prepare the fruit the same as in the foregoing, except dip in French fritter batter. Fry until done; drain and serve on a folded napkin.

EGG-PLANT AND TOMATOES FRIED.

Peel a small egg-plant fruit. Cut in slices half an inch thick, rub each slice with salt, place together again, set aside for a short time. Then parboil, drain, roll in flour. Fry in shallow grease.

Fry the same number of slices of ripe tomatoes. Arrange the slices of each alternately, overlapping each other on a hot platter. Glaze and serve.

EGG-PLANT AU GRATIN.

Cut a large egg-plant fruit in half, put on a baking pan (cut side up) bake in a slow oven one hour, or until it is done.

Mince a green sweet pepper, saute in butter with the same amount of finely minced onion, add a ladleful of strong Allamande sauce. Rub off the skin of the baked egg-plant fruit. Cut in dice half an inch square, add to the sauce; season with salt, chopped parsley and grated nutmeg. Simmer for twenty minutes. Then put into gratin dishes, sprinkle with grated Parmesan cheese, fresh bread crumbs and bits of butter. Bake until brown. Serve while hot in same dish.

EGG-PLANT OMELET.

Cut the fruit in half, bake in a slow oven until done, pare off the skin, cut in small dice. Mince and saute a few shallots, add the egg-plant fruit, moisten with a ladleful of strong white sauce. Season with salt, sweet paprika and chopped parsley. Roll in the omelet. Garnish the top with a slice of fried tomato.

STUFFED EGG-PLANT FRUIT, INDIENNE.

Select the small fruit, wash and wipe dry. Cut off a piece near the stem to form the cover. Dig out the center with a vegetable scoop. Mince it very fine. Cut a small onion and a green sweet pepper in small dice, saute in butter. Add the minced egg-plant fruit, some ripe tomatoes cut in pieces, and enough rice to absorb the moisture when done. Simmer for forty-five minutes. Season with salt, curry powder and minced sweet herbs. Fill the rind with the mixture, place on cover. Bake in a slow oven for one hour. Serve on a hot platter neatly garnished with quarters of hard boiled eggs.

EGG-PLANT FRUIT, STUFFED PLAIN.

Select medium size fruit, wash. Cut in half lengthwise; scoop out the inside without injuring the skin. Chop it

very fine. Mince and saute a small onion in butter, add the chopped fruit, moisten with a little white stock, simmer for thirty minutes. Add sufficient fine cracker crumbs to absorb the moisture. Season with salt and sweet paprika, remove from the fire, fill the skin, place each half in a large gratin dish, sprinkle top with fresh bread crumbs and bits of butter. Bake until it becomes a rich brown color. Serve in same dish.

MASHED EGG-PLANT FRUIT.

Select large fruit, pare, cut in thin slices. Rub with salt, place together again, wrap in a damp cloth, put aside for three hours. Then arrange the slices in layers in a stone jar with a thin slice of Bermuda onion and a few Chili peppers between each layer. Moisten with a little strong consomme; place on the cover and bake in a slow oven until it is cooked to a pulp. Rub through a sieve, season, squeeze in a little lime juice. Serve the same as mashed turnips.

ENDIVE.

(Fr. *Scarole*). (Ger. *Endivie*).

This well known salad plant, *Cichorium Endivia* has a close resemblance to chicory. Yet it can be easily distinguished by the large annual roots and the decided bitter taste of the leaves. There are several sorts of these plants cultivated, such as the White, Green, Curled, etc., all of which are highly prized as a winter and early spring salad. For preparing, see Chicory.

FENNEL. (Sweet).

(Fr. *Fenouil*). (Ger. *Fenchel*).

Is an umbelliferous plant, *Foeniculum Vulgare*. Sweet Fennel is the only one of the several species that is directly concerned in culinary operations. This plant is a native of Southern Europe; but is commonly cultivated in India and America for the aromatic seeds which are distilled for the oil. Fennel oil is quite extensively used in making bitters, cordials, etc. The leaves when young are used for seasoning soups, salads and sauces.

FILBERTS.

(Fr. *Avelines*). (Ger. *Lamberts-nusse*).

Filberts are a large species of a cultivated variety of hazel-nut, *Corylus Avellana*. The English Filberts are quite large and have a pleasant oily flavor. For preparing, see Hazel-nuts.

GARLIC.

(Fr. *Ail*). (Ger. *Knoblauch*).

Garlic is an onion-like bulbous plant, *Allium Sativum*, having a close similarity to the leek. Each bulb is composed of a number of smaller ones which are called cloves. Garlic is a native of Central Asia, and is a popular condiment in all Oriental countries. This valuable member of the onion tribe imparts a very pleasant flavor to soups, salads, farces, etc. But, on account of it possessing an exceedingly strong acrid taste, it must be used with moderation.

GINGER.

(Fr. *Gingembre*). (Ger. *Jngwer*).

This is a plant of the genus *Zingiber officinale*. It is largely cultivated in the East and West Indies for the rootstocks, which have a hot spicy flavor. Ginger is much used in confections, pastries, and for making beer, ale, cordials, etc.

GREEN PEPPERS.

(Fr. *Piments verts*). (Ger. *Grune Pfeffer*).

There are many species of peppers grown, but I shall only mention under this head those of the genus *Capicum*, which includes the common annual garden varieties, such as the Ruby King, Golden Dawn, Long Bell or Bull Nose, Sweet Mammoth, Red Chili, etc. These varieties in their unripe state are used for seasoning soups, sauces and stews and are prepared in various ways as a vegetable. The ripe pods are much used in pickling and are also dried and ground, and are then known as Cayenne pepper, Paprica, etc.

STUFFED GREEN PEPPERS, MEXICAN.

Select several green peppers of uniform size. Wash and wipe dry, immerge them (whole) into a fryer of hot fat, let remain for a few seconds, take out and rub off the skin. Cut off the stem end, dig out the seeds and remove the ribs (which is the hot portion). Chop and pound equal parts of raw chicken breasts and fresh pork to a farce, season with a clove of garlic, salt and Cayenne pepper. Add one fourth its quantity of fine cracker meal. Moisten with rich sweet cream. Rub through a sieve, add some whole blanched

almonds. Fill the cavity of the peppers, arrange in a saute pan, moisten with a little consomme, cover with an oiled paper. Braise in a slow oven for one hour. Glaze and serve on a hot platter. The stuffing may be made of lobster, shrimps, crab meat, or anything to suit the taste.

SAUTE GREEN PEPPERS.

Select large green peppers, plunge them into hot fat, rub off the skin. Cut in half, remove the stem and seeds. Cut away the ribs. Saute in butter for a few minutes, then moisten with a little strong white broth. Cook slowly for thirty minutes, or until done. Season with chopped shallots, parsley, salt and sweet paprica. Serve on fancy cut slices of toast. Garnish with chopped yolks of hard boiled eggs.

CHILI SAUCE.

Chop very fine ten green sweet peppers, one peck of peeled ripe tomatoes, six sound onions and one small head of cabbage. Put the chopped mass into a clean saucepan, cook slowly for one hour. Then add one-half pound of white sugar, two ounces each of ground ginger, cinnamon, cloves, mustard, and four ounces of celery seeds. Simmer one hour longer, salt to taste. Add one-half pint of strong cider vinegar. Bottle and store for use.

GUMBO. (See Okra).

HAZEL-NUTS.

(Fr. *Noisettes*). (Ger. *Haselnusse*).

Hazel-nut is a small shrub of the oak family, *Corylus Americana*. This plant grows in dense thickets in many parts of the United States. It yields a small sweet and delicately flavored nut, the meat of which is used to a great extent by confectioners in making candies, etc. But their real culinary value is never fully appreciated until prepared and eaten as a salad.

HAZEL-NUT SALAD.

Soak a pound of shelled hazel-nuts over night in slightly salted water. In the morning blanch them and remove the skin, cut in half. Remove the seeds from one pound of Malaga grapes. Wash and cut three well bleached stalks of celery in dice one-half inch square. Cut one pound of boiled chicken breasts in squares the same size. Put altogether in a salad bowl. Season with salt and sweet paprica. Mix with mayonnaisse to which has been added one-fourth its quantity of whipped cream. Set in ice-box until it becomes very cold. Serve on lettuce leaves in pyramids with some of the dressing poured over. Garnish with capers and the petals of red and white roses.

HOPS.

(Fr. *Houblons*). (Ger. *Hopfen*).

This is a long twining plant, *Humulus Lupulus*.

having a perennial root and annual stalks. The strobiles or female flowers are used by brewers to impart a pleasant bitter taste to malt liquors and to prevent sourness. For the latter reason they are also employed by bakers in making yeast. The young shoots are frequently prepared and eaten like asparagus.

BOILED HOP-SHOOTS.

Gather the young shoots just as soon as they spring from the ground. Wash and tie in bunches like asparagus, steep in salt water to remove the bitterness. Boil in meat stock until tender. Serve on slices of buttered toast, with drawn butter separate.

FRIED HOP-SHOOTS IN CRUMBS.

Plain boil the young shoots. Press them dry, season, roll in flour, egg and bread in cracker meal. Fry in hot fat. Serve on a folded napkin with rich Hollandaise sauce separate.

HOP-SHOOTS, VINAIGRETTE.

Plain boil the shoots. Put in ice-box to remain until they become cold. Arrange on lettuce leaves. Serve with vinaigrette sauce poured over.

HORSE-RADISH.

(Fr. *Rai fort*). (Ger. *Meerrettig*).

Horse-radish is a cultivated plant of the radish family, *Cochlearia Armoracia*. It was originally a native of Central Europe, but is now extensively grown in all sub-tropical countries. The roots, which have a sharp pungent taste, are grated and used as a condiment, and in cookery for preparing sauces, salads, etc.

HORSE-RADISH SAUCE FOR BOILED FRESH BEEF.

Thicken the plain beef bouillon with a roux. Season and add the grated horse-radish to taste.

HORSE-RADISH SAUCE FOR BOILED SEA FISH.

Prepare a white sauce of the court bouillon. Season and add the grated horse-radish and a little anchovy essence.

HORSE-RADISH SAUCE. (Cold).

Prepare a mayonnaise sauce in the usual way. Add to it some grated horse-radish and a few drops of tarragon vinegar.

JASMINE.

(Fr. *Jasmin*). (Ger. *Jasmin*).

This is a plant of a number of species of the naturalized order of *Jasminum*. But the only one that has any culinary significance is the *J.*

officinale. This variety is much cultivated in Asia, the white or yellow flowers yielding the well known Jasmine oil, which is so commonly used in the manufacture of cordials and perfumes. It is also employed to some extent for flavoring high grade confections.

JUNIPER.

(*Fr. Genevrier*). (*Ger. Wachholder*).

This is a common North American shrub, *Juniperus communis*, having small purple berries, which are used in the manufacture of gin and other liquors.

JERUSALEM ARTICHOKE.

(See Artichokes).

KALE OR BORECOLE.

(*Fr. Chou frise vert*). (*Ger. Kohlsprossen*).

This is a hardy species of cabbage of the natural order *cruciferous*. It does not, however, form a head like cabbage, but yields an abundance of finely curled leaves. In many parts of Europe kale is a highly prized winter and spring vegetable, though it has not become very popular in this country. The plant will endure considerable frost without injury. The cultivated varieties which are found on the market during the winter months, are the Green Curled, Sea-Kale and Siberian.

BOILED KALE AND SMOKED JOWL.

Select several bunches of kale, cut off the roots, wash the leaves thoroughly, then steep them in salt water for several hours to remove the bitterness. Put a smoked jowl to boil in a large saucepan. When it is half done put in the kale and cook until it is thoroughly done. Take out the jowl, drain off the water and chop the kale very fine. Season and add to it a little rich white sauce. Serve on a platter with slices of the jowl on top. Ham, bacon, salt pork, etc., can be used instead of jowl.

KALE SALAD.

Select the inside leaves of young kale, remove the roots and carefully wash the leaves. Steep them in salt water two or three hours. Then plunge into boiling water and cook until done. Drain, press dry, and cut in pieces about two inches long. Put into a salad bowl that has been rubbed with a clove of garlic. Season and mix with French

salad dressing. Serve in same bowl. Garnish with quarters of hard boiled eggs.

KOHLRABI.

(Fr. *Chou-rave*). (Ger. *Kohlrabi*).

This plant is a peculiar subordinate species of the cabbage family, *Brassica oleracea gongyloides*. The stem, which grows above the ground, expands or swells into a bulb-like formation much like a turnip, and provides the edible portion. Kohlrabi serves as a substitute for turnips in early spring. It is principally cultivated, however, for feeding stock. For preparing, see turnips.

LAUREL LEAVES. (See Bay Leaves).

LEEK.

(Fr. *Poireau*). (Ger. *Lauch*).

The leek is a small succulent plant, *Allium Porrum*, which is a close relative to the common onion, though it is easily distinguished by its broad flat leaves formed from a cylindrical base. It also possesses a milder and more pleasant taste. The leek was first cultivated by the Ancient Egyptians and was made popular in Rome by Emperor Nero. For seasoning soups, sauces and stews it has no equal.

COCKIE-LEEKIE SOUP.

Prepare a strong white broth with one capon or fowl, and two veal shanks. Remove the fowl when it is done, reduce the stock to half. Clean and cut six leeks in pieces cross-wise about a quarter of an inch thick. Braise with a lump of butter in a clean saucepan for fifteen minutes. Strain and pour on the stock. Add the meat of the fowl after it has been picked from the bones and cut in small pieces. Simmer for one hour. Season with salt and white pepper. Serve with a dish of plain boiled barley separate.

BOILED LEEKS, CREAM DRESSING.

Select young leeks. Pull off the outside leaves, trim away the roots. Wash, cut in pieces two inches long. Blanch. Boil in salted water until done. Drain; arrange in a deep vegetable dish. Serve with rich cream sauce poured over.

LEEKs, ROMAIN.

Strip off the outside leaves and with them the skin that covers the white portion of the bulb. Blanch in salt water, drain and press dry. Saute in butter for a few minutes, then moisten with a little strong white broth, cover with an

oiled paper and simmer until they are done. (The stock should all evaporate in cooking, leaving the leeks quite dry.) Season with salt and pepper. Sprinkle with a little powdered sugar, toss over a hot fire until they become well glazed. Serve on a hot platter.

LEEK AND LETTUCE SALAD.

Clean and cut the leeks in pieces about three inches long. Blanch, boil in salted water. When they are done, drain and press dry. Put in the ice-box to remain until they become cold.

Clean and shred the required amount of Cos lettuce. Arrange it in a pyramid in the center of a large salad plate. Cut the leeks in half lengthwise. Arrange them endwise around the pyramid of lettuce (cut side out) forming a perfect border. Pour French salad dressing over. Garnish the base of each with a slice of hard boiled egg. Serve.

LENTILS.

(Fr. *Lentilles*.) (Ger. *Linsen*).

Are the seed of an annual leguminous plant, *Lens esculenta*. In oriental countries and many parts of Europe lentils are as common as peas and beans in this country. Their origin is not exactly known; but according to tradition they were widely cultivated by the ancient Egyptians and Hebrews. By the latter, no doubt, they were highly prized, for Esau sold his birthright to Jacob for a single bowl of pottage of lentils. They, however, compare favorably in nutritive value with peas and beans. As a commercial article they can be bought whole, cracked, or ground into meal.

PUREE OF LENTILS. (Soup).

Soak the lentils in water over night. In the morning drain and wash thoroughly. Blanch, and again wash in several waters. Put them to cook in strong mutton broth. Add a ham bone, a carrot, several onions studded with cloves, a stalk of celery and a bouquet of sweet herbs. Boil up and skim carefully, then shove back to simmer until they are done.

Prepare a mirepoix of a lump of butter, flour and a chopped leek. Slightly brown and incorporate it with the puree.

Remove the ham bone, carrot, celery, bouquet and onions. Rub the lentils through a fine sieve. Add more broth, if necessary, to make it of the proper consistency. Season with pepper and salt. Serve with bread sippets.

PUREE OF LENTILS, CONDE. (For Garnishing).

Soak the lentils for several hours. Blanch in salted water. Skim off all that rises to the top. Drain and return

to fire in a clean saucepan; cover with water. Add a small piece of salt pork, a carrot, an onion, bouquet of sweet herbs, and a small sack of mixed spices. Boil slowly until they are thoroughly done and the water has nearly evaporated. Then remove the pork, carrot, onion, bouquet and spices. Rub the lentils through a fine hair tammy. Put the mass into a stone jar and set it in the bain-marie. Season with salt and white pepper. Add a little tomato sauce. Use to garnish boiled meats and entrees.

LETTUCE.

(Fr. *Laitue*.) (Ger. *Lettich* oder *Salat*.)

Lettuce is the most common of all green salads. It is a hardy annual plant of the genus *Lactuca sativa*. The numerous varieties, for convenience sake, are divided into two classes—the Cabbage, which includes the various low forms with rounding heads and broad spreading leaves; and the Cos, the species with long, narrow, upright leaves, having a downward tapering shape.

While lettuce does not possess any great amount of nutritious properties it is a very refreshing addition to more substantial dishes, and for garnishing it is indispensable. We are plentifully supplied the year 'round with both classes.

In serving I have found it most practical to allow the guests to prepare their own dressing at the table.

LETTUCE SALAD. (1).

Take a head of freshly gathered Cabbage-lettuce. Pick off the green leaves, cut it in four, arrange in a salad bowl. Prepare a dressing by rubbing the yolk of a hard boiled egg with the yolk of a raw one. Slowly incorporate six tablespoonfuls of olive oil, a little cider vinegar, a dash of Tabasco sauce and salt to taste. Pour over the lettuce. Garnish with quarters of hard boiled eggs and a few chopped chives. Serve.

LETTUCE SALAD. (2).

Select fresh Cos lettuce, wipe the leaves clean without washing (if possible). Put them into a salad bowl; set in ice-box to remain until cold. Take out, season with salt, white pepper and a little powdered sugar. Pour French salad dressing over them. Serve in same bowl.

LETTUCE SALAD. (3).

Take a large head of Cabbage-lettuce. Pick off the outside leaves, divide in six pieces. Arrange on a deep salad plate. Sprinkle with powdered sugar. Season with salt and white pepper. Pour on some rich cream and a few drops of cider vinegar. Mix carefully. Garnish with chop-

ped pistachio nuts. Serve. This method is much practiced in Eastern states.

LETTUCE SALAD. (4).

Take several small heads of Cabbage-lettuce. Pick off the outside leaves. Trim the stem end so that the head will stand erect. Then very carefully pull the head apart, (without detaching the leaves). Season with salt and paprika. Cut a piece of bacon in small dice, saute it to a golden color, add a little cider vinegar, and while hot pour it into the lettuce head. Serve on a salad plate.

STUFFED COS LETTUCE (Salad).

Take the required number of Cos lettuce heads. Pick off the wilted leaves, neatly trim the stem ends, remove the hearts or inside leaves. Put in the ice-box to remain until cold. Cut the hearts in small pieces. Put into a salad bowl with a like amount of boiled chicken breasts cut in small dice. Stone some ripe sour cherries, add them to the above. Season with salt and a little Cayenne pepper. Mix with mayonnaise to which has been added one-fourth its quantity of thick sour cream. Fill the cavity of the lettuce. Tie top of the leaves together with a piece a pale green baby ribbon. Serve on a small salad plate, one head to each person.

LETTUCE AND TOMATO SALAD.

Clean several heads of Cabbage-lettuce. Put them in the ice-box to chill.

Peel and core the required number of small ripe tomatoes, scoop out a small cavity in each, fill it with mayonnaise. Cut the lettuce in four. Serve a quarter of it with each tomato, neatly arranged on a salad plate. Garnish with chopped chives.

LETTUCE SALAD, GERMAN STYLE.

Clean a few heads of lettuce, wash and press them dry. Cut in coarse shreds, put into a salad bowl, mix with them some finely chopped green onions and thin slices of cucumbers; season with salt and pepper.

Shred a piece of bacon, saute it to a golden color, add a little cider vinegar, and while hot pour it over the lettuce; thoroughly mix. Garnish with slices of hard boiled eggs. Serve in same bowl.

BRAISED LETTUCE FOR GARNISHING.

Take several small heads of Cabbage-lettuce. Pick off the outside leaves. Trim them to a uniform size. Carefully pull the leaves apart without detaching them from the stem. Then stuff the cavity with chicken farce; put them in place again. Wrap each head separately in a piece of cheese cloth. Arrange them in a saute pan, moisten with a little strong white broth. Cover and braise in a hot oven for twenty minutes or until they become heated through. Take them out of the cloth, cut in quarters. Glaze and use for garnishing meat entrees or serve as a vegetable.

CABBAGE-LETTUCE, D'UXELLE.

Clean the required number of heads of Cabbage-lettuce.

Cut in quarters. Spread the cut sides with plenty of sauce D'Uxelle. Arrange them in a shallow saute pan. Moisten with a little strong consomme, cover with a thin oiled paper. Braise in a hot oven for fifteen minutes. Take up and serve quickly on a hot platter.

CREAM OF LETTUCE SOUP.

Take the coarse outside leaves of lettuce, thoroughly wash and press dry. Chop them very fine. Put into a saucepan with a lump of butter, sprig of celery, a chopped onion and a bouquet of sweet herbs. Braise for a few minutes, then moisten with strong white stock. Simmer slowly for two hours. Slightly thicken with flour and water. Remove from the fire, take out the bouquet and stalk of celery. Rub through a fine sieve. Return to fire in a clean saucepan, add one-fourth its quantity of thick Bechamel sauce. Boil up, skim. Finish with a liaison of egg yolks and sweet cream. Season with salt and white pepper. Serve with cheese straws separate.

MACARONI.

(*Fr. Macaroni*). (*Ger. Maccaroni*).

This is a kind of stiff paste made of wheat flour and water, then molded into pipes or tubes and dried in the sun or by artificial heat. The same material is also formed into various other shapes, as spaghetti, vermicelli, alphabetical letters, etc.

The flour is prepared from the glutinous granulars of hard varieties of wheat. It was originally claimed that macaroni could only be made from wheat grown in Italy, which without doubt was a mistake, for it is now successfully manufactured in France, England and many other countries.

Macaroni is a cheap article of food and can be made into many excellent dishes. In Genoa and Naples it forms a substantial part of the natives' diet.

MACARONI, HOW TO BOIL.

Always purchase the best grade. It costs but a little more and the best results are sure to be obtained.

Carefully remove the macaroni from the paper (avoid breaking as much as possible), immerse it (whole) in a large saucepan of boiling salt water. Cook from twenty to twenty-five minutes. Remove from the fire, drain and immediately cover with cold water. Let stand until it becomes cool. Then drain, press dry and use as needed.

If macaroni has become dry and brittle it is best to steep it in cold water for a few minutes before boiling. For es-

establishments where it is in constant demand, several pounds can be boiled at a time and kept in the ice-box for a number of days, if put into a stone jar and covered with water.

MACARONI AU GRATIN.

Boil the macaroni (whole) in salted water for twenty minutes. Immerse in cold water, drain, press dry. Cut in pieces one inch long. Put it into a saute pan with a lump of butter, season with salt, Cayenne pepper and a little grated nutmeg. Add the required amount of Bechamel sauce and a handful of grated Parmesan cheese, chafe on the fire until thoroughly mixed (do not use a spoon), and the cheese has become stringy. Then put it into gratin dishes, smooth down the top. Sprinkle with fresh bread crumbs and bits of butter. Bake in a hot oven until it becomes a rich brown color. Serve while hot in same dish.

MACARONI A L'ITALIENNE.

Cut boiled macaroni in pieces three inches long. Put into a saucepan, add a ladleful each of tomato and Madeira sauce. Season with salt, Cayenne pepper, grated nutmeg and a pinch of dry mustard. Throw in a handful of grated Parmesan cheese, simmer for twenty minutes over a slow fire, chafe at frequent intervals. When done, dish on a hot platter. Sprinkle top with grated Swiss cheese. Serve.

MACARONI, GENEVOIS.

Boil the macaroni in the usual way. Cool and let it drain on a sieve. Boil the required number of Chipolata sausage (two for each person).

Cut the macaroni in pieces a half inch long. Put it into a saute pan, add a ladleful of strong veal gravy. Season with salt and white pepper. Toss over the fire until it becomes hot. Then heap on the center of a platter. Arrange the sausage endwise around the base to form a border. Sprinkle with grated Parmesan cheese. Shove into a hot oven and let remain for five minutes. Serve while hot.

CHIPOLATA SAUSAGE.

Is made of equal parts of game and lean fresh pork, pounded to a smooth farce, seasoned with salt, pepper, nutmeg and plenty of finely chopped shallots. Then run into sheep casings and tied about two inches long.

Chipolata dressing, for stuffing poultry, game, etc., is prepared of the same material, except about a third of its quantity of blanched and pounded Italian chestnuts (mar-rons) are added.

TIMBALE OF MACARONI, A LA CREME.

Line the timbale molds with thinly rolled puff paste, trim off the ragged edges, fill the cavity with dry beans. Bake.

Boil the macaroni in the usual way. Drain and cut in pieces about a quarter of an inch long. Put in a saute pan with a small lump of butter, season with salt and Cayenne pepper. Add a ladleful of rich cream sauce and some grated Parmesan cheese, simmer until it becomes hot. Finish with a liaison of egg yolks and sweet cream. Empty out the beans from the timbale shells. Fill in the macaroni,

turn upside down on a platter. Garnish the top of each with a slice of truffle cut star shape. Serve.

MACARONI, NAPOLITAINE.

Lard a piece of lean beef with fat bacon. Make several small incisions in it with a thin pointed knife; insert a clove of garlic in each. Put some sliced carrot, a bouquet of sweet herbs, an onion, sprig of celery, pepper corns, bay leaves and several peeled ripe tomatoes into a saucepan. Lay in the beef, which has been slightly browned in a hot oven. Add a ladleful of Espagnole sauce and a bottle of claret. Cover and braise in a slow oven for four hours, from time to time adding a little consomme. Boil and cut the macaroni in pieces one inch long. Put it into a saute pan with a small lump of butter. When it has become hot add some grated Parmesan cheese.

Take out the beef, cut in small pieces, add to the macaroni. Strain, skim and pour on the sauce. Season. Chafe over the fire until it is thoroughly mixed. Dish on a deep platter. Garnish with mushrooms saute. Serve very hot.

TIMBALE OF MACARONI, SERPENTINE.

Thoroughly grease as many plain timbale molds as needed, dust them with fine cracker meal. Then line with well oiled rice paper.

Procure the best grade of Italian macaroni. Boil it twenty minutes in salted water. Drain, and immerse it in a pan of ice water. When cool, drain and carefully press it dry. Pick out the whole pieces and run them around the inside of the mold spiral shape. Fill the cavity with Macaroni a la Creme. Pour a half inch of water in a baking pan; set in the molds. Cover them with an oiled paper. Bake in a slow oven for thirty minutes. Unmold, remove the paper, place on hot platter. Garnish top of each with a fresh mushroom saute. Serve.

MACARONI, MILANAISE.

Boil and cut the macaroni in pieces one and a half inches long. Put it into a saute pan with a small lump of butter. Season with salt, Cayenne pepper and nutmeg. When it has become hot put in a handful of grated Parmesan cheese, and a ladleful each of Espagnole and tomato sauce. While it is simmering add equal parts of smoked tongue, mushrooms and black truffles cut julienne style. Serve.

CURRIED MACARONI.

Boil the macaroni in the usual way. Cut in pieces two inches long. Crack the bone of two veal shanks. Put them into a saucepan with a carrot, an onion studded with cloves, sprig of celery and a bouquet of sweet herbs. Cover with cold water and boil until the meat falls from the bones. Strain off the stock, thicken it with a roux, add the required amount of curry powder. Cut the meat in small pieces.

Mince some shallots, saute in butter. Throw in the macaroni. Strain on the curry sauce. Add the meat, simmer for fifteen minutes. Serve.

MACARONI RAVIOLES.

Procure the large kind of macaroni (of German manufacture). Tie four or five pieces loosely in a cheese cloth (allowing enough room to swell). Soak in cold water ten minutes. boil in salt water for a quarter of an hour, submerge in a pan of ice water. When it has become cold drain on a sieve.

Mince and pound in a mortar some boiled spinach and a piece of ox-marrow. Add to it some minced and saute shallots, fresh bread crumbs and a handful of grated Parmesan cheese. Moisten with a little consomme, season with Cayenne pepper, salt and grated nutmeg. Incorporate enough raw eggs to make it of the proper consistency. Rub through a fine sieve.

Remove the macaroni from the cheese cloth. Cut in pieces three inches long. Put the farce into an ornamenting sack. Stuff the pieces of macaroni. Arrange them in a saute pan, cover with veal gravy. Braise in a slow oven for twenty minutes. Serve on a hot platter or use to garnish soups, entrees, etc.

CREAM OF MACARONI (Soup).

Boil and drain the required amount of macaroni. Prepare a mirepoix using an onion, carrot, stalk of celery, bouquet of sweet herbs, and a blade or so of mace. Braise slowly for a few minutes, but do not brown. Add sufficient strong white broth to make the soup, having it of the proper consistency. Boil and simmer for three hours, strain, season with salt and sweet paprika. Finish with a liaison of egg yolks and sweet cream. Cut the macaroni in pieces one-fourth of an inch long, add it to the soup. Serve with a little grated Parmesan cheese sprinkled in each portion.

MACARONI SOUP A L'ITALIENNE.

Break the macaroni in pieces about an inch long. Cut several onions, carrots, a small turnip, stalk of celery and a head of cabbage in slices with a Saratoga chip machine. Put them into a saucepan with a lump of butter. Braise slowly for a few minutes. Moisten with strong beef bouillon, simmer for two hours. Then add the macaroni, several peeled ripe tomatoes and the same amount of raw potatoes cut Julienne style. Cook thirty minutes longer. Season with salt, white pepper and chopped young parsley. When served, sprinkle each portion with grated Parmesan cheese.

MACE.

(*Fr. Macis*). (*Ger. Muskatlenbluthe*).

Mace is the network or "aril" which surrounds the nutmeg. When dried it is a very valuable spice in cookery. It imparts a pleasant flavor to all dishes having milk or cream as a basis.

(See nutmeg).

MARJORAM.

(Fr. *Marjolaine*). (Ger. *Majoram*).

This is a perennial aromatic and fragrant plant of the genus *Origanum*, belonging to the mint family. Sweet Marjoram was once a very popular seasoning, but now it is seldom used. The oil, which is expressed from the green leaves, is sometimes employed in making cordials.

MARRONS.

(See chestnuts).

MINT.

(Fr. *Menthe*). (Ger. *Munze*).

Mint is an aromatic herb of the genus *Mentha*. The most common species are, the peppermint, spear-mint, garden-mint and pennyroyal-mint.

Spearmint is the most suitable for all culinary purposes, and is very easily distinguished from the others by its wrinkled and spear shaped leaves.

Mint is the most powerfully flavored herb employed in cookery, therefore its use is almost entirely confined to making mint sauce. Yet a cook will occasionally venture to drop a sprig into a pot of green peas.

Mint oil is principally used in the manufacture of cordials, bitters and medicines.

MINT SAUCE.

Wash the mint in several waters to remove the sand. Pick off the leaves, press dry, chop fine and cover with vinegar. Add enough sugar to sweeten it. Put into stone jug and use when needed. Serve separate with roast lamb and mutton.

MOREL OR MORIL.

(Fr. *Morille*). (Ger. *Morchel*).

This is a kind of edible mushroom, *Morchella esculenta*. The surface of the upper part is reticulated and very porous, for which reason they should not be gathered after a rain or while wet with dew. The cultivated varieties are much used, when dried, for seasoning soups, sauces and stews; but like all mushrooms are best when

fresh. Its season is from April to June. The wild species are usually found in sandy places, and, being exposed to the rain and wind during growth the sand becomes so imbedded in the pores that it is impossible to wash it out; consequently they are of little or no value as food.

MORELS, SAUTE.

Gather the morels before they are full grown. Wash them several times in lukewarm water, drain. Trim off the bottoms, cut in half. Parboil in slightly salted water for ten minutes. Immerse in cold water, press dry in a clean towel. Chop a few shallots, saute them in butter, throw in the morels and cook slowly for twenty minutes. Season with salt, pepper and chopped parsley. Moisten with a glassful of white wine. Arrange on a fancy cut slice of toast, pour over the butter. Garnish with a sprig of fried young parsley. Serve.

MORELS, STUFFED.

Wash, and trim off the stems. Parboil them in salted water for ten minutes, immerse in cold water, drain and carefully press them dry. Thoroughly wash and chop the stems and trimmings. Saute in butter with a few chopped shallots. When done add a few bread crumbs to absorb the butter; season with salt and paprika. Remove from the fire, set aside until they become cool. Then add the mass to some cooked chicken farce and with it stuff the morels. Arrange them in a buttered saute pan, sprinkle with fresh bread crumbs and bits of butter. Bake until they are a rich brown. Serve with Colbert sauce, or use to garnish meat entrees.

MORELS. (Prepare for garnish).

Select small ones, wash them thoroughly. Parboil for fifteen minutes, drain on a towel. Saute slowly in butter with some chopped onions and a faggot of parsley. Take up, glaze and use to garnish meat dishes.

They may also be served with Allemande, cream or Espagnole sauce.

MUSHROOMS.

(Fr. *Champignons*). (Ger. *Schwammes*).

Mushrooms are the fruit of one of the lowest of the great series of flowerless plants of the classified order Fungi, and not the plant itself as is commonly supposed. The common edible species now largely cultivated are of the genus *Agaricus campestris*, of which several varieties are edible; but many are said to be very poisonous. The plant in its younger stage is a network

of white threads, which are called mycelium or spawn, and it is from the joints of these threads that the mushroom develops. The spores from which the spawn is bred, is the decay of higher organism. Yet they possess a delicate flavor and are eagerly sought for; but their nutrient value is slight.

Mushrooms are quick in growth and rapid in decay, therefore they are suitable for food only when fresh and crisp. Their season is from October to May, yet in some sections of the country they can be had the year 'round.

For reasons of there being no set rules by which an edible mushroom can be distinguished from a poisonous fungi, the selection should be intrusted to a competent judge, particularly when wild mushrooms are used.

By permission of the author of "Vaughan's Vegetable Cook Book" I have the pleasure of presenting the following article, which I consider deserving of recognition: "The highest authorities say an edible mushroom can be easily distinguished from a poisonous fungi by certain characteristics. A true mushroom grows only in pastures, never in wet boggy places and never about stumps or trees. They are of small size, dry, and if the flesh is broken it remains white or nearly so and has a pleasant odor; though there is a white variety which grows in woods or on the border of woods that is very poisonous. The cap of a true mushroom has a frill, the gills are free from the stem, they never grow down against it, but usually there is a small channel all around the top of the stem. The spores are brown, black or deep purple black, and the stems are solid or only slightly pithy. It is said if salt is sprinkled on the gills and they become yellow the mushroom is poisonous; if black they are edible."

The skin on the cap of a non-poisonous mushroom is easily removed, while that of a toad-stool

or other poisonous fungi firmly adheres and can be removed only in small bits.

MUSHROOMS. (How to prepare for cooking.)

Obtain freshly gathered mushrooms. Sort out the buttons, saving them for garnitures and sauces. The large open ones are most suitable for broiling, baking, stuffing, etc. Trim off the stems, peel the caps, thoroughly wash them in cold water, to which has been added the juice of a lemon. Drain them on a clean towel and use as needed. The stems after being washed can be chopped and used in stuffings, purees and sauces.

ESSENCE OF MUSHROOMS.

Put the stems, peelings and broken mushrooms in a stone jar. Sprinkle them with a little salt, put in ice box to macerate over night. In the morning mash them, strain off the juice and reduce it to half on a slow fire. By this method the delicate flavor of the mushroom is preserved, making it much more preferable to mushroom catsup for seasoning.

MUSHROOM CATCHUP.

(See catchup).

BROILED MUSHROOMS.

Select large open mushrooms. Peel, cut off the stems close to the gill. Wash in slightly acidulated water, drain on a clean towel. Put them into an earthen bowl, season with salt and pepper, squeeze on a little lemon juice, pour over some olive oil, cover with an oil paper and set aside for an hour. Then broil over a quick fire. Arrange on fancy cut slices of buttered toast. Serve very hot under a glass cover.

STUFFED MUSHROOMS.

Select medium size open mushrooms. Peel the caps, cut off the stems, wash and drain them. Chop the stems with some shallots and parsley, saute in a little butter, add a ladleful of thick Allemande sauce, and a little claret. Season with salt and white pepper. Simmer until it is thoroughly heated, then add enough egg yolks to bind the mass. Stuff the gill side of the mushrooms, sprinkle with fresh bread crumbs and bits of butter. Arrange in a buttered saute pan. Moisten with a little white broth. Bake for fifteen minutes in a slow oven. Then brown the tops with a hot salamander. Serve on a folded napkin.

STUFFED MUSHROOMS. ITALIENNE.

Cut off the stems; peel and wash the required number of large open mushrooms. Wash and chop the stems with a clove of garlic and a small onion. Saute in butter, add a ladleful of reduced tomato sauce, simmer for twenty minutes, season with Cayenne pepper, salt and a little nutmeg. Put in enough fresh bread crumbs to absorb the moisture, add a handful of grated Parmesan cheese, stuff the mushrooms, sprinkle the top with fresh bread crumbs and bits of butter. Arrange in a greased saute pan, moistened with a

glassful of white wine. Bake in a slow oven for twenty minutes. Serve on a hot platter, garnished with macaroni a la creme.

STUFFED MUSHROOMS, TIERRA DEL FUEGO.

Select medium size cup-shaped mushrooms, break off the stems. peel the caps, wash and drain them on a towel. Wash the stems, chop them with a few shallots, a sprig of celery and a green sweet pepper. Saute in butter or a little olive oil for ten minutes. Moisten with a ladleful of strong chicken broth, simmer slowly until it is reduced to half, then put in enough rasped bread crumbs to make it the proper consistency. Season with salt, paprica and chopped parsley. When finished add a black truffle cut in julienne style. Thoroughly mix. Stuff the caps, smooth the stuffing down neatly with a palette-knife, brush them over with a liaison of eggs, dip into fresh bread crumbs. Saute in butter until they become a golden color. Arrange on fancy cut slices of toast. Serve on a folded napkin, with rich Allamande sauce separate.

MUSHROOM BUTTONS.

(Prepare for Sauce and Garnitures.)

Pick out the buttons, trim off the stems, peel and wash them in cold water to which add a little lemon juice. Put them into an earthen casserole with a lump of butter and a glassful of white wine.

Put on the cover and simmer slowly until they are heated through. Then add the juice of a lemon and put them into a Mason jar, put on cover and set in a cool place and use as a substitute for canned mushrooms.

MUSHROOMS AU GRATIN.

Pick out large open mushrooms, break off the stems, peel, wash and drain them on a towel, gill side down. Wash and chop the stems with a few shallots and a little parsley. Saute them with a handful of shredded raw bacon. Put with them several peeled ripe tomatoes (cut in small pieces). Simmer thirty minutes. Then add a handful of grated American cheese and enough broken crackers to absorb the moisture. Season with salt and paprica. Stuff the mushrooms in the usual way. Neatly form the stuffing pyramidal shape. Sprinkle with fresh bread crumbs and bits of butter. Arrange them on a baking sheet and bake in a medium oven until they become a rich brown color. Serve on fancy croutons, garnished with rosettes of mashed potatoes.

CREAM OF MUSHROOMS, SUPREME.

Clean about two dozen large mushrooms, cut them in pieces a half inch square (stem and all). Put them into a stone jar, cover with cold water, place in a slow oven and cook until they become tender. When done rub through a fine sieve. Cut a few shallots, a carrot and a sprig of celery in small pieces, braise them in butter for fifteen minutes. Then add a bunch of parsley, blade of mace and flour

enough to thicken the soup.

Blend the flour and butter to a smooth paste. Slowly incorporate the required quantity of strong veal broth. Boil up and shove back to simmer two hours. Skim off the fat strain and add the mushroom pulp. Season with salt, white pepper and a little grated nutmeg. Finish with one-fourth the quantity of boiled rich sweet cream. Serve with a bundle of cheese straws separate.

MUSHROOM SAUCE, (Brown).

Take the trimmings and stems of mushrooms that have been used for other purposes. Wash, drain and chop them with a few shallots. Put them into a clean saucepan, cover with water, add the juice of a lemon, a sprig of parsley, a blade of mace and a few pepper corns. Cook slowly until they become tender and the water has evaporated to half. Remove from fire, rub through a fine sieve, add the mass to Espagnole sauce or strong veal gravy. Season with salt, cayenne pepper and a little grated nutmeg. Beat in a lump of butter and a glassful of white wine.

Garnish with button mushrooms cut in slices.

(See Button Mushrooms Prepared for Sauces.)

MUSHROOM SAUCE, (White).

Prepare the stems and trimmings as directed in Brown Mushroom Sauce. Add the pulp to some reduced Allamande sauce. Season and incorporate a lump of butter and a glassful of white wine. Garnish with button mushrooms cut in slices.

MUSHROOMS PLAIN BAKED.

Select the medium sized open ones. Break off the stems, peel and wash in acidulated water. Drain gill side down on a clean cloth. Arrange them with the gill side up in a shallow saute pan, season with salt and pepper. Put a small lump of butter in the center of each. Bake in a slow oven about twenty minutes. Baste them at intervals with the drawn butter. When done arrange on fancy cut slices of toast. Serve on a hot platter, garnished with a sprig of fried parsley.

MUSHROOMS SAUTE.

Break off the stems, peel, wash and drain the required number of medium size mushrooms. Mince a few shallots, put into a saute pan with a lump of butter. Throw in the mushrooms. Season with salt, white pepper and a little grated nutmeg. cook slowly until they become tender, then add a ladleful of veal gravy and simmer for a few minutes longer. Serve on a hot platter or use to garnish steaks and chops.

FRICASSEE OF MUSHROOMS, POULETTE.

Clean the mushrooms in the usual way. Cut them in dice about half an inch square. Mince a few shallots, saute them in butter, put in the mushrooms and cook slowly for ten minutes, then add some reduced poulette sauce and simmer for twenty minutes longer. Season with salt, white

pepper and a little grated nutmeg. Serve in paper cases, croustades or Romain cups.

MUSHROOM OMELET.

Prepare an omelet in the regular way. Use Fricassee of Mushrooms for a filler.

MUSHROOM PATTIES.

Prepare some puff paste patties. Fill them with Fricassee of Mushrooms, Poulette. Serve.

MUSHROOMS DRIED.

In the mushroom season it is always advisable to dry a few for summer use. For stews, ragouts, etc., they are better than canned. Clean the mushrooms, wash in slightly salted water, drain them on a clean cloth. Put a thick sheet of Manilla paper on a baking sheet, lay on the mushrooms, dry them in the sun if convenient or cover with a paper and set on the shelf of the range to remain until they become perfectly dry. Put them into a tin can, cover as nearly air tight as possible. Store in a cool place.

CANNED MUSHROOMS. (Champignons and Cepes).

A greater part of the canned mushrooms used in this country are imported from France and doubtless they are the best in the world. Champignons is the French equivalent for mushrooms, which covers the common edible varieties. But Cepes are a distinct species of the genus *Boletus edulis*. They grow in abundance in the fields and pastures of France. They are also largely cultivated and canned in olive oil. Cepes are said to be more savory and better flavored than the common Champignons. Canned mushrooms are more extensively used by American cooks than the fresh ones, being always convenient and suitable for soups, sauces and garnitures.

CANNED MUSHROOMS FOR STEAKS.

After opening the can, drain off the liquor into a small saucepan or an earthen casserole, reduce it to one-fourth. Cut the mushrooms in slices, saute in butter for a few seconds, add the reduced liquor, a ladleful of strong veal gravy and a little white wine. Season with salt and Cayenne pepper. Dish over the steak. Serve.

SAUCE OF CANNED MUSHROOMS. (Brown).

Open the can, drain off the liquor, reduce to half. Cut the mushrooms in slices. Saute them in butter, add the reduced liquor, a little lemon juice and sufficient Espagnole to make the sauce. Season with salt and Cayenne pepper.

SAUCE OF CANNED MUSHROOMS. (White).

Prepare the mushrooms and liquor as directed in the foregoing, use rich veloute sauce instead of Espagnole. Season and add a ladleful of mushroom essence if at hand.

MUSKMELON.

(Fr. *Melon Musquee*). (Ger. *Bisammelone*).

This is the rich and luscious fruit of a creeping

annual garden plant, *Cucumis Melo*. The muskmelon is cultivated in many varieties, such as the Hackensack, Paul Rose, Cantaloup, Rocky Ford, netted gem, nutmeg, etc.

While many of these seem to be distinct species, they are all bred from the muskmelon and from it they derive their most important features.

(For serving see Cantaloup).

MUSTARD.

(*Fr. Moutarde*). (*Ger. Senf*).

The common mustard is a hardy garden plant of the genus, *Brassica*, of which there are but two true species, the black and the white. There are quite a number plants of the same family called mustard; but none of them are of any culinary importance. Black, and white mustard is largely cultivated in Europe and America for their seeds, which yield about one-fifth their weight of volatile and exceedingly pungent oil. A paste made of the powdered seeds is a much esteemed condiment. The young leaves are eaten as a salad and cooked like spinach.

MUSTARD AND CRESS SALAD.

Gather the leaves when young and tender. Wash them in salted water, drain and press dry in a clean towel. Clean a few bunches of cress, pick off the leaves. put them into a salad bowl with the mustard. Season with salt and paprika. Pour on some olive oil and the juice of a lemon. Gently mix with a wooden salad fork. Serve as a breakfast salad.

ENGLISH MUSTARD. (Plain).

An Englishman will invariably call for Colman's mustard, so it is advisable to keep a few boxes in stock. Make a thin smooth paste of the ground mustard and cold water. add a little salt and sugar. Then it is ready to serve. Mix only in small quantities, for it becomes black and unfit to serve in a very short time.

FRENCH MUSTARD.

Put a pint of white wine into a clean saucepan. add to it some mixed spices, a crushed clove of garlic. some celery seeds and a little salt. Steep on the back part of the range for one hour. Mix a pound of mustard flour to a smooth paste with equal parts of cider and tarragon vinegar. Strain out the spices from the wine and add to the paste while boiling hot. Mix thoroughly and bottle for use.

NASTURTIUM.

(Fr. *Nasturce au Capucine*). (Ger. *Kapuzinerkresse*).

The natural order of this plant is generally known as water-cress, although it is but one of about twenty species of the genus *Tropaeolum*. Some species are cultivated expressly for their gorgeous colored flowers and beautiful light green foliage; yet the whole plant is characterized by a warm pungent flavor like the cress. It was formerly a native of South America, but is now largely grown in all countries having a favorable climate. The young leaves and shoots are eaten as a salad and the blossoms are used for ornamenting, while the young seed pods are pickled and used as a substitute for capers.

NASTURTIUM SAUCE.

Clean three or four each of young carrots and white turnips. Cut them in spherical shapes the size of a French pea with a small Parisienne cutter. Boil them until tender in separate saucepans (add a little vinegar to set the color). When done immerse in cold water, drain and mix with a like amount of nasturtium pods and French peas. Prepare a rich white sauce of chicken or veal stock. Season with salt, Cayenne pepper and a little lemon juice. Add the mixed vegetables. Serve with fish, entrees, and boiled meats.

NASTURTIUM AND POTATO SALAD.

Boil several small potatoes in salted water until done. Drain and remove the skins while hot; set aside until they become cold. Then cut in thin slices. Gather some nasturtium leaves and blossoms, neatly trim, and wash them in salted water. Drain and press dry. Save some of the choice leaves and blossoms to garnish top of salad. Cut the remaining leaves into shreds, mix with the potatoes, season with salt and white pepper. Cut a piece of bacon in small dice, saute it with some chopped shallots. When they become a golden color add a little cider vinegar, pour it over the salad, carefully mix with a wooden salad fork. Dish in a pyramid on a salad plate, sprinkle with chopped parsley. Garnish top with the nasturtium leaves and blossoms. Serve.

NEW ENGLAND BOILED DINNER.

(By courtesy of Chapin & Gore, Chicago, who have made it a specialty for twenty-five years.)

Take a well corned brisket of beef, twelve pounds of salt pork and a sugar cured ham, put them into a large sauce-

pan and cover with cold water. When they have boiled two hours add ten or twelve rutabagas cut in quarters, eight medium sized heads of cabbage, and twelve or fifteen carrots, (whole).

Wash a dozen blood beets, put them into a saucepan, cover with some of the meat stock, boil. When done rub off the skin.

When the rutabagas, cabbage and carrots are nearly done add a peck of small white onions and the same amount of medium size peeled raw potatoes.

When all the vegetables and meat is cooked, remove the saucepan from the fire. Take out the meat, trim it for carving. Drain the vegetables on a colander, lay them separate on the steam-table platters. Dish some of each vegetable to a portion, laying a thin slice of the corned beef, pork and ham over the top. Garnish with the beets cut in fancy shapes. Serve.

NUTMEG.

(Fr. *Muscade*). (Ger. *Muskatennuss*).

Nutmeg is the seed or fruit of the nutmeg tree, *Myristica fragrans*, a native of the Banda Islands. It is also cultivated in other tropical countries. The fruit grows nearly the size and shape of a small pear.

The fleshy exterior after being dried splits in two, releasing the seed, which is enveloped in a net-work or aril. (See Mace).

The Penang nutmeg, which is considered the best, yields as high as eight per cent. of pungent aromatic oil and upon this, the value is based.

There are many inferior grades of nutmegs in the trade, such as the male and wild nutmeg. The kernels of these, however, are long and less spherical in shape than the Penang. They are also strongly impregnated with turpentine.

To preserve the nutmeg from the insects peculiar to their native country they are dusted with powdered lime and it is best to wash them in warm water before using. When they become old and dry they lose their aromatic principles, so to determine their freshness, stick a pin into one and if the oil oozes out it is fresh. The flavor of nutmeg is very agreeable to the taste,

and is especially fine for seasoning cream soups, sauces and desserts.

NUT SALADS.

CHESTNUT SALAD.

Shell about a dozen sound Italian chestnuts (Marrons), blanch and rub off the skin. Boil them in milk until tender, then remove from the fire and allow them to cool in the milk. Wash two heads of celery. Remove the bones from one cooked partridge breast. When the chestnuts have become cold, drain off the milk and press them dry. Cut the ingredients in dice about half an inch square, put them in a salad bowl, season with salt and sweet paprika, add three table-spoonsful of mayonnaise dressing and gently mix. Dish in a pyramid on a salad plate, with some cooked asparagus tips arranged endwise around the pyramid, leaning toward the center. Garnish with nasturtium leaves and blossoms. Serve.

ALMOND SALAD.

Blanch a half pound of Jordan shelled almonds. Split and steep them in milk over night. Cut one cooked chicken breast and three heads of celery in small dice. With a small tube press out the seeds from a half pound of Malaga grapes (leaving them whole). Drain off milk from the almonds and press them dry. Put the ingredients into a salad bowl. Season with salt and white pepper. Mix with mayonnaise dressing to which has been added one third its quantity of whipped cream. Dish on a curly lettuce leaf. Garnish with cress. Serve.

WALNUT SALAD.

Blanch a pound of shelled English or California walnuts. Rub off the skin. Put them into a salad bowl, season with salt and white pepper. Squeeze on the juice of a lemon, cover with an oiled paper, and set in the ice-box to remain for two or three hours. Peel and core four large sound greening apples, cut in slices crosswise. Lay them on a bed of cress. Dish a spoonful of the walnuts on each slice and serve.

PECAN SALAD.

The same as walnut salad.

BRAZIL-NUT SALAD.

Peel off the skin from half a pound of shelled Brazil-nuts. Cut them in thin slices, put in a salad bowl, season with salt and sweet paprika, cover with white wine and let them macerate over night. Cut a like amount of plain boiled Jerusalem artichokes in slices. Drain the wine from the nuts into a clean saucepan, reduce it to one-fourth, when it becomes cold add to it half a cup of mayonnaise dressing. Put the artichokes with the nuts, mix in the mayonnaise, serve on a nest of shredded lettuce. Garnish with capers.

PISTACHIO NUT SALAD.

Blanch and pound four ounces of shelled pistachio nuts

to a smooth paste in a mortar. Mix with it one coffee cup of mayonnalse dressing. Peel and cut six ripe winter pears and three heads of celery in small dice. Put them into a bowl, season with salt and sweet paprica. Squeeze on the juice of a lemon and put into ice-box to remain until they become cold. Then mix in about half the above salad dressing. Arrange the salad on curly lettuce leaves. Dish over it the remainder of the dressing. Garnish with shreds of black truffles and baskets of hard boiled eggs. Serve.

OAT.

(Fr. *Avoine*). (Ger. *Hafer*).

The oat is a well known cereal plant, *Avena sativa*, cultivated in all cool countries, but most extensively in the United States. It is more hardy than wheat, but will not ripen as far north as barley.

Oats are principally used for feeding horses and cattle, yet some of the large white varieties are used for human food. Those for this purpose are kiln-dried and submitted to a process of milling that removes the hulls.

In form of food it is known as oatmeal (fine ground and steel cut), and rolled oats. Oatmeal is very nutritious and as a flesh producer it ranks high. In Scotland and other parts of Europe oatmeal porridge forms the largest part of both the rich and poor man's breakfast. In this country it is steadily growing in popularity, though we have not as yet learned to look upon it as a substantial regimen of diet.

OATMEAL GRUEL.

Soak some fine ground oatmeal in cold water over night. In the morning drain off the water, put in a farina boiler, slightly salt and cover with fresh milk. Cook for three hours. (add more milk from time to time if necessary). Remove from the fire. press through a clean towel, sweeten to taste. For serving cold: pour the unsweetened gruel into fancy molds or cups and put in the ice-box to remain until it sets like a blanc mange. Serve with sugar and cream.

OATMEAL PORRIDGE.

Soak the required amount of steel cut oatmeal in cold water over night. In the morning put it into a farina boiler, slightly salt, add more water, cook for one hour (stir at intervals). Serve in oatmeal bowl with butter, sugar and cream.

FRIED OAT MEAL MUSH.

Make a thick mush of rolled oats. When cooked done, pour into square tins and put away to get cold. Then cut in slices, egg and lightly bread it. Fry in hot fat. Sprinkle with powdered sugar, and serve on a fancy folded napkin.

ROLLED OATS.

For the past few years rolled oats have almost entirely taken the place of oatmeal. By a process of modern milling the oats after being hulled are steamed and passed through a number of hot rollers which forms them into flakes or wafers. Oats prepared in this way require only about thirty minutes' cooking, while it would take at least one and a half hours to accomplish the same result with oatmeal.

PORRIDGE OF ROLLED OATS.

Fill a saucepan, the required size, two thirds full of water, slightly salt, and allow it to boil, then stir in the rolled oats with a wire whip. When it begins to boil shove back to simmer for thirty minutes. Do not stir again, only pass a wooden paddle along the bottom to keep it from burning.

OKRA.

(Fr. *Gombo*). (Ger. *Ocher* oder *Ocker*).

This was originally an East India plant, *Hibiscus, esculentus*, but it is now largely cultivated in southern United States and elsewhere. The green capsules or pods, which contain an abundance of nutritious mucilage, are a highly prized vegetable in the south, particularly by the Creoles. They are used for seasoning and thickening soups, stews, and also served as a vegetable.

DRIED OKRA.

Pick the pods when young and tender, thoroughly wash in salt water, cut them in slices about half an inch thick, string on a cord and hang in a warm shady place until they become perfectly dry, then store for winter use. Powder and use for thickening soups and stews.

OKRA, PLAIN BOILED.

Select the young and tender pods, cut off the stems, wash and steep in cold water for an hour. Drain and plunge into a saucepan of boiling salt water. Cook until tender, drain, season with salt and pepper; serve whole in a vegetable dish with drawn butter to which has been added a little lemon juice.

OKRA AND ENDIVE SALAD.

Plain boil the okra as in the foregoing. When it is done immerse in cold water, drain and press dry. Clean the endive in usual way, make a bed of it on a salad plate. Cut the okra pods in half lengthwise, neatly arrange them (cut side up) on the endive. Stone and chop several olives.

pickled gherkins and a clove of garlic. Add to them some olive oil and a little strong cider vinegar. Season with salt and Cayenne pepper. Pour over the salad. Sprinkle with some chopped sweet herbs. Serve.

OKRA SAUTE, CREOLE.

Chop a sound onion and a few cloves of garlic, saute them in butter for a few minutes. Add several peeled ripe tomatoes (cut in quarters). Simmer for thirty minutes, then add as many boiled okra pods as required. Cover the saute pan and cook until the mass begins to thicken. Remove from the fire, season with salt and red pepper. Dish on slices of buttered toast.

FRIED OKRA PODS.

Clean and cut off the stem end of several okra pods, wash them in cold water. Cook until tender in boiling salted water. When done drain on a sieve and put away until they become cool. Then split the pods in two lengthwise, season with salt and pepper, roll in flour and fry in butter. Serve on a fancy folded napkin. The pods can also be dipped in batter and fried like fritters.

OKRA PODS PREPARED FOR GARNISHING SOUPS AND STEWS.

Select the pods that are young and crisp. Thoroughly wash them. Cut in slices about half an inch thick. Put them into a clean saucepan, pour on enough boiling water to cover them, slightly salt and cook until done. Pour into a stone jar and put in ice-box to be used when needed.

Canned okra is prepared in much the same way, except it is cooked in the cans and hermetically sealed.

CHICKEN SOUP WITH OKRA.

Clean four young chickens, cut them in joints, fry until brown in butter with three sound onions cut in slices. Put into a saucepan, moisten with a gallon and a half of consomme, add a bouquet of sweet herbs and a half pound of rice. Put on the fire and slowly simmer for one hour, then add two quarts of okra prepared for soup. Cook fifteen minutes longer. Season with salt and Cayenne pepper. Serve.

OKRA SALAD.

Clean and boil the okra pods. When done, drain and put away to cool. Then cut in slices about a quarter of an inch thick. Rub a salad bowl with a clove of garlic. Put in the okra, add a finely chopped green sweet pepper, some freshly grated horseradish, season with salt and white pepper. Pour over some olive oil and a little tarragon vinegar. Gently mix and serve on a curly lettuce leaf garnished with a few sprigs of water-cress.

ONIONS.

(Fr. Oignons). (Ger. Zwiebeln).

The onion is a biennial plant of the lily tribe, *Allium Ceba*. It yields a peculiar pungent bul-

bous root, which is formed by a series of closely compact coats. The pungency is due to its containing a small percentage of strong acrid volatile oil which is more pronounced in the small red varieties than any other.

The genus *Allium* extends to a number of other species, such as the leek, garlic, chives, shallots and rocambole. These are treated under their respective names.

The onion is a native of Egypt, where it is said to have been cultivated from a very early time. Among the kinds most highly esteemed for their size and mild flavor are the Bermuda, Spanish, Mexican and California: though none are more suitable for general purposes than our common native onion.

The young ones grown from seed are especially fine as a relish and for flavoring salads.

BOILED ONIONS.

Peel as many medium size common onions as required. Blanch in slightly salted water, drain and return to the fire in equal parts of milk and water. Boil until tender. Take up and serve in a deep vegetable dish with drawn butter, cream or white sauce poured over. By blanching two or three times the pungency is entirely eliminated; but the onion loses nearly all of its nutrient qualities.

BOILED SPANISH ONIONS.

Proceed the same as directed in the foregoing, except do not blanch them.

CREAMED SPANISH ONIONS. (1).

Clean and boil the onions in half milk and water (slightly salt) until two-thirds done, then arrange them in a saute pan, pour on enough sweet cream to one-third cover them; season with salt, white pepper, and butter. Cover with an oiled paper and slowly simmer for thirty minutes or until thoroughly cooked. Take up with a skimmer, leaving the cream on fire to reduce to half. Serve in a deep vegetable dish with the reduced cream poured over.

CREAMED SPANISH ONIONS. (2).

Peel and cut the onions in slices one-fourth of an inch thick, blanch in salted water, drain on a sieve. season with salt and white pepper, dust with flour. Put them into a saute pan, moisten with a little white broth, put on the fire and when they begin to boil add enough sweet cream to cover them. Simmer for thirty minutes, gently chafe at intervals to prevent them from burning; when done add a

lump of butter. Serve on fancy cut slices of buttered toast.

BAKED ONIONS.

Clean, blanch and parboil the onions. Arrange on a buttered baking pan. Cover with an oiled paper and brown in a slow oven. Serve on a platter. Garnish with croutons and sprigs of parsley.

BRAISED STUFFED ONIONS.

Select large onions, peel them, scoop out the center of each, making quite a large cavity. Blanch them in salted water, drain on a colander. Prepare a farce of equal parts of cooked beef, raw veal and fat fresh pork. Season with salt and paprica, bind with egg yolks. Stuff the onions. Arrange them side by side in a buttered saute pan, cover and braise in a slow oven for forty minutes. Take up, glaze and serve as an entree or use for garnishing other dishes.

BURNT ONION SAUCE.

Peel and parboil the onions in salted water, drain and press dry. Chop them to a pulp, put into a saucepan, add a little granulated sugar. Cook the mass slowly until it becomes almost black, then moisten with equal parts of cold water and strong cider vinegar. When it has become liquefied, strain through cheese cloth and add one-fourth its quantity of Japanese Soy. Bottle for use.

PUREE, SOUBISE.

Peel and blanch the onions, drain, press dry and chop very fine. Put into a saucepan, add enough strong chicken broth to cover them (the broth should be reduced to a demi glaze), simmer until they are thoroughly done. Rub through a fine tammy. Add some thick Bechamel sauce, thoroughly mix and use as needed.

ONION SAUCE.

Prepare a rich sauce poulette, add some puree Soubise and a lump of butter. Season to taste. Serve.

SPANISH ONION SAUCE.

Add some puree Soubise to Espagnole sauce, season with salt, Cayenne pepper and a little burnt onion sauce.

PUREE OF ONIONS. (Soup).

Prepare some strong beef bouillon, strain and skim off the fat. Put a lump of butter into a saucepan, add to it a bouquet of sweet herbs, and flour enough to make a roux. Chafe over a hot fire until it becomes a golden color. Add the bouillon by degrees, stirring it briskly to make a perfect blend; cook for thirty minutes, strain, and add one-fourth its quantity of puree Soubise. Thoroughly mix. Season with salt and white pepper. Serve with bread sippets separate.

ONION SOUP, BRETONNE.

Clean and slice several red onions. Put them into a saucepan with a lump of butter, bouquet of sweet herbs

and a ham bone, braise for fifteen minutes. Then add some navy beans (that have been soaked over night). Cover with beef bouillon and cook until the beans are thoroughly done. Remove the ham bone and bouquet, rub through a fine sieve, season with salt and white pepper. (Add more bouillon if too thick). Serve with croutons.

SMOTHERED ONIONS.

Peel the onions, divide in half, and cut in thin slices. Put a lump of butter into a saute pan, place on the fire, throw in the onions and braise them slowly, (chafe the pan at frequent intervals to keep them from burning) until they become a light brown color. Season and serve as required.

GLAZED ONIONS FOR GARNISHING.

Select the little silver-skin pickling onions, peel and blanch them in salted water. Drain and return to the fire in a saute pan with a lump of butter, moisten with a little bouillon, cover and slowly simmer for ten minutes. Remove the cover, season and sprinkle them with a little powdered sugar. Put in a hot oven to glaze, shake at intervals to allow them to become glazed all over. Use for garnishing beef a la mode and other entrees.

GLAZED ONIONS, ANOTHER WAY.

Pick out onions about the size of a walnut. Peel and blanch them, drain and press dry. Put them into a saute pan, moisten with some veal gravy, cover and simmer until done. Season and paint them with drawn butter, shove into a hot oven to glaze. Serve as a vegetable, or use for garnishing.

ONION JUICE.

Peel and grate a large onion on a cheese or lemon grater, let the pulp fall into an earthen bowl. Gather into a ball and squeeze through a clean towel. The juice is much used for green salads, such as lettuce, endive, etc.

GREEN ONIONS FOR RELISH.

Onions grown from the seed are the best for eating green. Cut away about half of the green tops, peel and trim off the roots. Steep in cold water for two hours before using. Serve covered with crushed ice in a celery dish.

FRIED ONIONS.

Peel and cut the onions in slices about a quarter of an inch thick, separate the rings, dip them in milk and then in flour. Season with salt and pepper. Fry in hot fat, drain on a towel. Serve on a fancy folded napkin.

FRIED ONIONS, ANOTHER WAY.

Peel and divide the onions in half, cut in thin slices, put into a skillet with some bacon fat. Moisten with a little cold water. Cover and cook until they become brown and the water has evaporated. Serve with beefsteak, chops, and other dishes as may be required.

BERMUDA ONIONS AU GRATIN.

Peel, and boil until done in half milk and water, several large Bermuda onions. Drain them on a sieve, cut in half crosswise, arrange cut side up on a buttered baking pan. Season, and mask them with a spoonful of Bechamel sauce. Sprinkle with fresh bread crumbs and bits of butter. Brown them in a hot oven. Serve on a platter, garnished with sprigs of fried young parsley.

PICKLED ONIONS.

Select the small silver skin onions. Peel and trim them to the same size. Put into a stone jar and pour over them a strong boiling salt brine. Let stand over night. In the morning pour off the brine and again heat and pour it over the onions. The second morning heat some white wine vinegar, steeping in it some white mustard seeds and a little grated horse-radish. Drain off the brine and pour the boiling vinegar over the onions. When they are cold, bottle for use.

BERMUDA ONIONS DRESSED.

Peel and slice the onions, steep in salt water for two hours, drain and press dry. Put into a salad bowl, season with salt, white pepper and a little powdered sugar. Pour on some elder vinegar, sprinkle with chopped parsley and serve on curly lettuce leaves.

ONION OMELET.

Prepare an omelet in the usual way, heat a spoonful of puree Soubise, roll it into the omelet and serve while hot.

ONION CUSTARD FOR SOUPS.

Prepare a royal custard, season and mix with it some puree Soubise. Pour into a mold and poach in the usual way.

OYSTER PLANT. (See Salsify).

PARSLEY.

(*Fr. Persil*). (*Ger. Petersilie*).

Parsley is one of the best flavoring herbs known to modern cookery. The finely cut and much curled aromatic leaves are not only of great importance in seasoning soups, salads, sauces, entrees, etc., but they are indispensable for garnishing. It is a biennial umbelliferous plant of the natural order *Carum Petroselinum*. Most of the varieties of this genus are grown for their leaves, though there is a species extensively cultivated in Germany for the spindle shape root which is much like the parsnip.

FRIED PARSLEY.

Take young parsley, pick off the small branches, wash in

water to which has been added a pinch of common soda. Press dry, fry in medium hot fat. Drain on a towel and use as needed.

CHOPPED PARSLEY.

Take a few bunches of freshly gathered parsley, wash thoroughly in cold water, trim off the large stems, put into a small wire basket or colander, dip into a saucepan of boiling water to which has been added a pinch of soda. Then immerse into cold water, drain, press dry and chop very fine. Squeeze again in a strong cloth, shake it up lightly and put away on a clean platter for use.

This method is not generally practiced, although when it is required for soups, sauces, salads, stews, etc., a better result is obtained.

CHOPPED PARSLEY (2).

Take young parsley, wash it in cold water to which has been added a pinch of soda. Drain, press dry and chop very fine. Squeeze it in a strong kitchen towel saving the juice for coloring purposes.

PARSLEY GREEN.

From day to day save the juice from the chopped parsley. Put it into a stone jar, holding about a quart. Add on the first or second day two or three grains of salicylic acid (this will prevent it from becoming sour). Cover the jar and set on the shelf of range where the temperature is about 100° Fahr. Then each day for a week or so add fresh juice, mixing well with the old. When the water evaporates and it begins to form into a paste, put into a large neck bottle and store for use.

PARSLEY SAUCE.

Prepare a white sauce in the usual way, add to it some chopped parsley and the juice to color it. Season.

FAGGOT OF PARSLEY.

Tie in a bunch or bouquet several sprigs of parsley, a sprig of thyme, a small leek studded with three or four cloves, a sprig of celery, two bay leaves and a piece of carrot. Draw the string tight enough to hold it in tact so it can be removed from the soup or sauce without straining.

PARSLEY PREPARED FOR GARNISHING.

Take bunches of parsley, trim off the stems, wash in slightly salted water, drain, put into a small colander, set it over a water tight vessel, cover the parsley with shaved ice. It should be prepared just before the meal and if the meal continues for several hours put on more ice, but never let it lay in water as the freshness is soon destroyed and it becomes slimy and discolored.

PARSNIP.

(Fr. *Panais*). (Ger. *Pastinake*).

The parsnip is a biennial umbelliferous plant *Peucedanum sativum*. It is cultivated in all

temperate countries for the edible fleshy root. Some of the wild species are said to be poisonous, but in cultivation it becomes a palatable and nutritious vegetable, both as human food and feed for cattle. It is especially valuable as a milk producer.

The roots are also grated to a pulp, fermented and made into wine.

PARSNIPS, SAUTE.

Scrape the parsnips from the crown down. Trim off the tops, cut in pieces about three inches long then slice them. Wash, and steep in salt water for an hour. Drain, and boil until tender in acidulated water. Drain on a colander. Season with salt and a little lemon juice. Saute in butter for a few minutes without browning. Serve in a deep vegetable dish.

MASHED PARSNIPS.

Scrape and wash the parsnips as directed in the foregoing. Boil in salt water (add a little vinegar) until perfectly done. Strain off the water and leave the parsnips in saucepan on back part of the range to evaporate some of the excess moisture. Add a lump of butter, season with salt and a little white pepper, mash to pulp and serve as a vegetable, or garnish for boiled meats.

FRIED PARSNIPS PLAIN.

Scrape and wash the parsnips, cut in pieces two or three inches long, then in slices about half an inch thick. Boil until done in salt water. Drain, season with lemon juice and salt, dip each piece into a basin of milk, roll in flour and fry in deep grease until they become a golden brown. Serve on a folded napkin.

PARSNIPS FRIED IN BATTER.

Prepare the same as for Plain Fried, except dip in French frying batter. Fry like fritters. Serve on a folded napkin garnished with sprigs of fried parsley.

PEANUTS.

(Fr. *Arachides*). (Ger. *Erdnusse*).

The peanut or groundnut is a peculiar twining plant *Arachis hypogaea*. It bears small bright yellow flowers on a long stalk, which after flowering curls down forcing the unmaturing seed-pods into the ground where they ripen. The fruit when ripe is a hard fibrous pod containing from one to three seeds enveloped in a light brown skin. The peanut is doubtless a native of America, though they are extensively cultivated in

Africa and other hot countries. In Virginia, Carolina and Tennessee peanut growing is quite a large industry. An enormous amount of them are consumed every year. The greater part are eaten when roasted.

Some are shelled and used by confectioners as a substitute for almonds.

A larger part of the so called palm oil of commerce is pressed from peanuts.

SALTED PEANUTS.

Take the large Virginia shelled peanuts, spread them out on a baking sheet, set into a slow oven to remain until the skin has turned a dark brown and commenced to loosen from the nut. Take out; when they become cool enough to handle rub off the skin. Put them on another pan, cover with a damp cloth and set aside for an hour. Then sprinkle with salt and dry in a slow oven for a few minutes. Serve in paper cases like salted almonds.

PEAS.

(Fr. *Pois*). (Ger. *Erbsen*).

The cultivation of peas dates from the ancient Greeks and Romans. They are yet more widely known the world over than potatoes. The common edible species now universally grown are of the genus *Pisum sativum*, and, while there are more than a thousand varieties none of them differ to any great extent in natural composition. Peas are usually eaten green as a fresh vegetable and when ripe they are split and used for soups, purees, or ground into meal. The fresh ones are in season from January to October. Our home grown are the best. When shipped from the South they invariably become heated in transportation and seldom reach the northern market in perfect condition. Our native canned peas are often preferable to the fresh ones. French peas (*petits pois*) are rapidly decreasing in popularity on account of being artificially colored.

BOILED GREEN PEAS.

Peas should be gathered early in the morning while wet with dew. Shell and rinse in cold water, the defective ones will rise to the top and can be easily skimmed off. Put a sauce pan half full of water on the fire, add to it a little

salt, and a bouquet consisting of one sprig of mint, one small green onion and four sprigs of parsley. When it boils throw in the peas and cook until tender. Take out the bouquet, drain off the water and use as directed in the following recipes.

GREEN PEAS IN CREAM.

Simmer boiled green peas for ten minutes in sweet cream, season with butter, salt and a little white pepper. Serve in a deep vegetable dish. If they are off in flavor a little sugar will improve them.

GREEN PEAS IN BUTTER SAUCE.

Put a lump of butter into a saucepan, add enough flour to make a smooth roux. Add some white stock (a little at a time) until it becomes a thin white sauce. Put the peas into a clean saucepan, strain on the sauce, simmer for ten minutes. Season with salt and white pepper. Serve on a platter garnished with fancy croutons.

GREEN PEAS, SAUTE WITH BACON.

Cut a piece of bacon in small dice, saute it with a few chopped shallots. When they become a golden color, pour off some of the fat, moisten with a little white broth. Add a bouquet of sweet herbs and some finely shredded hearts of lettuce. Put in some shelled (raw) green peas, cover the saute pan and simmer slowly until the peas are done. Remove the bouquet, season, and serve in a hot vegetable dish.

GREEN PEAS FOR GARNISHING.

Put a lump of butter into a saute pan, when it is melted put in the required amount of boiled green peas. Simmer until they become hot, season with salt, white pepper and a pinch of sugar. Sprinkle with finely chopped young parsley and serve in paper cases with spring lamb or entrees.

GREEN PEAS, OLD FASHION.

Shell some young green peas, wash them in cold water, skim off the ones that rise to the top, drain. Remove the heart of several heads of cabbage lettuce without detaching the outside leaves. Wash thoroughly and press dry. Fill the cavity with the peas, tie the head securely together with white twine. Put a lump of butter into a deep saute pan, put on fire, when butter has melted, arrange the stuffed heads in pan. Moisten with white broth, cover the pan and place in a slow oven to remain until the peas are tender. Take out, remove the cord, gently open the lettuce leaves, season the peas with drawn butter to which has been added some salt, white pepper and a little sugar. Arrange the heads on a hot platter, pour over the remaining liquor. Serve.

GREEN PEAS, PAYSANNE.

Cut several small young carrots, a little cabbage, and some lettuce into small dice. Braise with a lump of butter

for fifteen minutes without browning. Add the shelled (raw) green peas, moisten with a little consomme. Cover the saucepan and cook until the peas are tender. (Chafe at frequent intervals to prevent them burning). Season with salt and white pepper. Serve on a hot platter, sprinkled with chopped parsley.

PUREE OF GREEN PEAS, CONDE.

Simmer the required amount of boiled green peas in a little sweet cream until they become quite soft, remove the pan from the fire, rub through a fine sieve. Season with salt, white pepper and a little sugar. Put the mass into a stone jar, set in bain-marie. Beat into it a lump of butter. Serve with entrees and other meat dishes.

PUREE OF GREEN PEAS, ST. GERMAIN.

Put some shelled (raw) green peas into a saucepan, add to it a faggot of sweet herbs containing a sprig of mint. Cover them with chicken broth, cook until tender. Then remove the faggot and rub the peas through a fine sieve. Put the mass into a stone jar, add to it an equal quantity of boiling sweet cream. Season with salt, white pepper and a little sugar. Garnish with chicken quenelles. Serve.

GREEN PEA SOUP, HOME STYLE.

Take about a quart of (raw) green peas. Put them into a saucepan with a lump of butter, one small onion (minced) a few sprigs of parsley and a sprig of fresh mint. Braise them for a few minutes over a slow fire. Cover with hot water and simmer until they are done. Remove from the fire and rub through a fine tammy. Put the mass into a clean saucepan, add one quart of strong veal broth, gently boil up. Season with salt and white pepper. Beat in a lump of butter the size of an egg. Serve with thin slices of dry toast separate.

GREEN PEAS, FRANCAISE.

Take some shelled green peas, wash and drain them in the usual way. Add a lump of soft butter, and with the hand rub all through the peas. Put them into a saucepan, cover with cold water and simmer until tender. Then strain off the liquor into a clean saucepan and reduce it to half. Thicken it lightly with a little plain roux and strain over the peas. Add a small piece of chicken glaze. Season with salt, sugar, and a dash of Cayenne pepper. Serve with chops, cutlets, or as a vegetable.

BOILED GREEN PEAS, SUPREME.

Gather the young smooth pods early in the morning. Shell, and boil the pods for thirty minutes in water. Strain off the liquor and in it boil the peas until tender. Season with salt, white pepper and a lump of butter. When cooked in this way the pleasant zest is more pronounced.

PUREE OF SPLIT PEAS.

Soak some common yellow split peas in cold water four or five hours, (add a small lump of sal soda). Blanch and

thoroughly wash in cold water, drain. Braise a ham bone, an onion, carrot, head of celery and a few mixed spices. Put in the peas, cover with half stock and water, cook until the peas are tender. Remove from the fire and rub through a fine sieve. Return to fire in a clean saucepan, add more stock to make it of the proper thickness. Boil up, season with pepper and salt. Serve with croutons. For Friday and other fast days.

GREEN PEA SALAD.

Pick the green pods when they are very young. Throw them into a pan of ice-water, press dry, cut off the ends. Put into the salad bowl with the same amount of fresh garden-cress. Season with salt and white pepper. Pour over some French salad dressing. Serve in same bowl.

PENNYROYAL. (See Mint).

PEPPER.

(Fr. *Poivre*). (Ger. *Pfeffer*).

The common black pepper of commerce is the fruit of a plant of the genus *Piper nigrum*. It furnishes us in the form of berries an aromatic and pungent condiment which is and has been since ancient times the most popular of all the spices. The spikes are gathered when the berries begin to turn red, then the berries are rubbed off and dried for use.

White pepper is made by bleaching or removing the outside layers of the black pepper. In this form it is less pungent and more useful for seasoning dishes of white appearance.

The shot-pepper of Sumatra is said to be the most valuable. But when ground it is largely adulterated with cheaper varieties.

Long pepper (*Piper longum*) is a well known article in the trade and doubtless more plentiful than any other. (See Green Peppers).

PEPPERMINT. (See Mint).

PISTACHIO—NUT.

(Fr. *Noix du Pistachier*). (Ger. *Pistazienuss*).

This is the fruit or seeds of the *Pistacia vera*. The tree is a native of Western Asia, the Canary Islands and Mexico. The nuts are of a greenish color and have something of an almond flavor.

Pistachio nuts are extensively consumed by the Greeks and Turks as a dessert and in the manufacture of confections. Of late they have become very popular in this country for preparing dainty nut salads. They are also pounded to a paste and mixed with farces for making sandwiches.

POKEBERRY OR POKEWEED.

(Fr. Raisin de Phytolaque). (Ger. Kermesbeere).

The species of this plant most commonly known in this country is of the genus *Phytolacca esculenta*. Although there are about twenty varieties in different parts of the world known to botanists. *Phytolacca esculenta*, bears dark purple juicy berries which is said to be used in Portugal for coloring wine. The roots and berries are also used in medicine, and the young shoots are cooked and eaten like asparagus.

POPPY.

(Fr. Pavot). (Ger. Mohn).

The poppy of America is a showy herb of the genus *Papaver*. It is principally cultivated in gardens for its flowers, and from some species, opium is obtained from the milky juice. In Europe poppy-oil is used for adulterating olive oil. The seeds are also highly favored by the Jews for sprinkling over a particular kind of roll called Mohnsemmel.

POTATO.

(Fr. Pomme de Terre). (Ger. Kartoffel).

The potato is a plant of the Nightshade family or better known to botanists as *Solanum tuberosum*. The edible farinaceous tubers next to the cereals form the most important vegetable food of civilized man.

The plant is said to be a native of Peru, Chili, and Mexico. But the British Islands are doubtless deserving of the credit of perfecting, through cultivation, many of the now popular varieties. The tops or vines contain a poisonous substance

known as solanine; this, however, is not present in the tubers except when they are exposed to the sun. The real nutritive value of potatoes, taking them from an economical standpoint, is very much overestimated as compared with other farinaceous foods. It is said by scientists that it takes from three to three and a half pounds of potatoes to supply the same amount of carbon and nitrogen contained in one pound of bread. Assuming this correct, potatoes are less than one-third the nutritive value of bread. But there is no doubt that when they are eaten with meat and other nitrogenous food they serve to make up a very wholesome diet. Potatoes are employed in the manufacture of starch, glucose and spirits.

BOILED POTATOES IN JACKETS.

Select the potatoes of uniform size, wash and scrub them in cold water until perfectly clean. Put them into a saucepan, cover with hot water, add a pinch of salt and boil slowly. When done drain off the water, cover with a clean cloth and place on the back part of the range to dry for a few minutes. Serve in a fancy folded napkin or use as directed in other recipes.

BOILED POTATOES PEELED.

Wash and peel the potatoes very thin, drop them into a pan of cold water, drain and proceed the same as directed in the foregoing. Serve on a folded napkin with drawn butter in a sauce bowl.

BAKED POTATOES.

Select medium large potatoes of uniform size, wash and scrub them very clean, lay on a pan. Bake them in a medium oven for forty minutes, or until done. Serve in a fancy folded napkin.

MASHED POTATOES.

Wash and peel the potatoes, cut the larger ones in two making them all as near of a size as possible. Put into a saucepan, cover with hot water, add a little salt and boil until they are soft. Then drain off the water, replace the cover and let stand on the range for a few minutes to evaporate some of the moisture. Press through a potato masher, season with salt and a lump of butter, stir until the seasoning is thoroughly mixed, then beat in sufficient boiling milk to make them a creamy mass. Serve in a vegetable dish neatly formed into a pyramid.

BROWNED POTATOES.

Select medium size sound potatoes. Peel them the same as one would peel an apple. Arrange them on a baking pan,

season with salt, brush them over with butter or meat drippings. Bake in a slow oven until done. (Shake the pan occasionally to make them uniformly brown.) Serve in a folded napkin or with short-ribs and other entrees.

POTATOES RISSOLES.

Select potatoes about the size of a hen's egg. Wash and scrub them in cold water. Boil them in their jackets. Set aside until they become cool. Then carefully remove the skins without disfiguring the meat. Immerge in hot fat until they become a golden color. Serve in a folded napkin or in a covered vegetable dish.

IMITATION NEW POTATOES.

Pick out the small round ripe potatoes, wash and peel them the same as new potatoes. Put them into a cheese cloth sack, tie the top. Have ready a saucepan containing enough of equal parts of milk and water (slightly salted) to cover the potatoes. Simmer slowly until they are done. Lift out the sack, allow them to drain on a colander for a few minutes, then place in the oven to dry for five minutes. Prepare a rich cream sauce seasoned with butter and salt. Remove potatoes from the sack, put them in a stone jar and cover with the sauce. Serve in a deep vegetable dish.

POTATOES SPECIAL BAKED.

Bake medium large size potatoes. When done cut off a piece lengthwise to form a cover. Then dig out the inside, which press through a potato masher, season with salt, butter and a little sweet cream. Stuff the shells, place on cover, and bake for ten minutes in a slow oven. Serve on a fancy folded napkin.

POTATOES SOUFFLES.

Select medium size potatoes; clean, and cut a piece from one end to make them stand up. Bake in usual way. When done cut off the opposite end, and remove the inside, which press through a potato masher, season with salt and butter. Separate the required number of eggs (ten eggs to twenty potatoes), drop the whites into a beating kettle and the yellows into the pan containing the potatoes, mix thoroughly. Whip the whites to a stiff froth, stir them into the mass with a palette knife, being careful not to break the consistency. Stuff the skins, arrange them endwise on a pan, bake in a slow oven for fifteen minutes. Serve on a folded napkin.

GERMAN FRIED POTATOES.

Boil the potatoes in their jackets. When they are cold remove the skins and cut in slices about half an inch thick. Put into a shallow skillet with sufficient drippings to fry them. Season with salt and a little white pepper. Fry slowly (tossing at frequent intervals) until they become a golden brown. Serve on a hot platter garnished with a sprig of fried parsley.

FRENCH FRIED POTATOES.

Peel medium size potatoes, drop them into a tub of cold

water. Take out, cut in pieces about half an inch square and three inches long. Put them into a French frying basket, immerge in hot lard or clarified beef suet, cook until they are soft. Hook up the basket to allow the fat to become smoking hot, then let them down in the fat to remain until they are brown. Turn out on a clean kitchen towel, season with salt. Serve on a fancy folded napkin.

POTATO CROQUETTES.

Peel and mash the potatoes in usual way. Season with salt, butter and a little white pepper. While they are hot beat in several egg yolks. Then form them into balls the size of a small apple, roll in flour, egg and bread in fresh bread crumbs. With the thumb make an impression in each, making them resemble an apple. Brown in hot fat. Serve on a fancy folded napkin with a sprig of parsley inserted in the impression.

POTATO CAKES.

Prepare the potatoes as directed in the foregoing, except form them into thick round cakes. Roll in flour and check the top with a knife. Fry in shallow grease. Serve on a hot platter with parsley.

POTATOES SAUTE.

Boil the potatoes in their jackets; when they have become cold remove the skins, slice and gently toss over the fire in clarified butter. Sprinkle with chopped parsley. Serve on a hot platter.

POTATOES, LYONNAISE.

Saute some minced onions in butter until they are a golden brown color. Then add some cold boiled potatoes thinly sliced or minced. Toss gently over the fire until they are thoroughly heated through. Form against the side of the pan omelet shape. When brown turn on a hot platter. Serve.

POTATOES HASHED BROWN.

Mince some cold boiled potatoes. Season and saute in butter. Form them omelet shape. When brown, turn on a hot platter, garnish with parsley. Serve.

POTATOES AU GRATIN.

Mince some cold boiled potatoes, mingle with them some rich cream sauce, season with salt, butter and a little Cayenne pepper. Add a handful of grated American cheese, mix thoroughly. Put into gratin dishes, smooth down with a palette knife. Sprinkle with fresh bread crumbs and bits of butter. Brown in a hot oven. Serve in same dish.

STEWED POTATOES.

Cut some cold boiled potatoes in dice about half an inch square. Put them into a stone jar. Pour over some rich cream sauce (not too thick). Season with salt and butter. Serve in a deep vegetable dish.

HASHED POTATOES IN CREAM.

The same as the above except mince the potatoes.

STEWED POTATOES IN CREAM.

Cut raw potatoes in dice a half inch square. Put them into a clean saucepan, cover with rich sweet cream. Simmer slowly until the potatoes are cooked. Season with salt and a lump of butter. Serve in a deep vegetable dish.

BROWNEED MASHED POTATOES.

Prepare the potatoes the same as for mashed. Put them into gratin dishes, form into a scalloped pyramid, sprinkle with drawn butter. Brown in hot oven. Serve in same dish.

BROILED POTATOES.

Peel several medium size potatoes, cut them lengthwise in slices about half an inch thick. Season with salt, dip into clarified butter. Arrange on a hand oyster broiler. Broil over a slow fire until done (brush occasionally with butter). Serve on a folded napkin garnished with a sprig of fried parsley.

MASHED POTATOES FOR BORDERS.

Prepare the potatoes the same as directed for croquettes, adding whole eggs instead of yolks. Thoroughly grease the border molds with drawn butter. Sprinkle with fresh bread crumbs, fill them with the potatoes pressed in smoothly. Bake in a slow oven for twenty minutes. Take out the molds, set aside to slightly cool. Then loosen the edges with a knife, unmold on a hot platter. Serve as the occasion may require.

PUREE, JACKSON.

Mince a small onion, sprig of celery and a leek, braise in butter a few minutes without browning. Add several peeled raw potatoes, cover with strong veal stock. Add a faggot of herbs, simmer until the potatoes are thoroughly done. Remove the faggot and rub the mass through a fine sieve. Return it to fire in a clean saucepan. Add one-third of its quantity of reduced Bechamel sauce. Season with salt, white pepper and a little grated nutmeg. Serve with bread sippets separate.

POTATO PANCAKE.

Peel and grate six large potatoes on a cheese grater. Mix with the pulp three-fourths pound of wheat flour, six well beaten eggs and a little salt. Fry in shallow fat. Serve as a vegetable or with beef a la mode and other entrees.

SARATOGA CHIPS.

Peel medium size potatoes, cut in thin slices with a Saratoga chip machine. Let them stand in ice water for two or three hours. Drain on a colander, plunge into clean hot lard and fry until crisp. Take out, drain on a towel, salt, and serve while hot. To make Saratoga chips perfect the potatoes must be of a white variety and perfectly ripe.

POTATO SALAD, HOME STYLE.

Boil several small potatoes in their jackets. When they are cold remove the skins and cut in thin slices. Put them

into a salad bowl, add sliced cucumbers, sliced hard boiled eggs and some minced onion. For twelve persons take twelve small potatoes, three hard boiled eggs, one cucumber and one onion the size of an egg.

DRESSING. Scald one cup of cider vinegar in a farina boiler. Mix one teaspoonful of flour with water, one table-spoonful of sugar, butter the size of an egg, one small spoonful of mixed mustard and two table-spoonfuls of Durkee's salad dressing. Add to the boiling mixture, and beat until it becomes a creamy mass, then add three well beaten eggs and whip vigorously. Season with salt and white pepper. When it has become cold add one cup of thick sweet cream. Mix with the salad just before serving.

POTATO SALAD, PLAIN.

Boil the potatoes in their jackets; when cold remove the skin, cut in thin slices. Put into a salad bowl, add some minced onion. Season with salt and Cayenne pepper. Pour over some French salad dressing, mix and serve on a curly lettuce leaf.

POTATO AND HERRING SALAD.

To plain potato salad add some pickled marinated herring. Serve.

POTATO SALAD, GERMAN STYLE.

Slice cold boiled potatoes. Put them in a salad bowl, add some minced onions, shredded lettuce and chopped parsley. Season with salt and paprika. Cut a piece of bacon into shreds, fry it to a golden color, add some cider vinegar and pour it while hot over the salad. Thoroughly mix by tossing it in the bowl. Sprinkle with chopped chives and serve on a salad plate.

NEW POTATOES.

Wash and scrape off the skins of the potatoes, plunge them into a tub of cold water. (If they do not scrape easily, pare them very thin). Boil in salt water until soft, drain and set back on range, covered with a towel to dry for a few minutes. Serve plain or with rich cream sauce.

POTATOES FOR GARNISHING.

POTATOES A L'ANGLAISE.

Select potatoes about the size of a guinea's egg. Wash and boil them in their jackets; when done allow them to get cool. Then remove the skins, cut in quarters lengthwise. Cut a piece of bacon in shreds, fry for a few minutes in a skillet, throw in the potatoes, saute until they are a light brown. Sprinkle with chopped parsley. Serve.

POTATOES, AURORA.

Cut large potatoes in slices a half inch thick. With a column tube a fourth of an inch in diameter stamp them out. Simmer until done in a sauce made of equal parts of Espagnole, Allemande and tomato sauce, to which add a piece of lobster butter, some lemon juice and a little sweet paprika.

POTATOES, AIGUILLETTE.

Cut cold boiled new potatoes in dice a half inch square. Run them on a small tooth pick with a narrow strip of bacon woven between each piece. Immerge in clean hot goose fat, fry until brown. Season and roll in chopped chives.

POTATOES, BOULETTES.

Scoop out little balls of raw potatoes the size of a large pill. Put into a saucepan with a lump of butter and a small piece of chicken glaze, put on cover, simmer until they are done. Season with salt, sprinkle with powdered parsley. Serve.

POTATOES, BONNE FEMME.

Pick out small potatoes about the size of a marble. Boil in their jackets; when cool remove the skins. Mince an onion, saute in butter, throw in the potatoes, cook until they are heated through. Sprinkle with fresh bread crumbs. Season and shove into a hot oven to brown. Serve.

POTATOES, BRABANT.

Cut raw potatoes in dice an inch square. Boil in salted water, drain on a sieve. Saute some minced shallots in olive oil. Throw in the potatoes, toss until they become heated through. Season and sprinkle with chopped parsley.

POTATOES, BRETONNE.

Cut small boiled new potatoes in slices. Mince an onion, a sprig of celery and a fresh mushroom. Saute in butter, add a little cider vinegar, throw in the potatoes. Season with salt and white pepper. Simmer until heated through. Serve.

POTATOES, CHARLSRUHE.

Cut cold boiled potatoes in thin slices. Saute some minced onions with a lump of butter. When they are a light brown, put in some flour, thoroughly blend, and dilute with sweet cream. Put in the potatoes, season and simmer until heated. Shred and blanch a piece of honeycomb tripe. Slice the same amount of cooked pork sausage, add to the potatoes. Fill into stiff paper cases, sprinkle with fresh bread crumbs and bits of butter. Brown in a hot oven. Serve.

POTATOES, CHATEAU.

Pass several peeled raw potatoes through a column tube about three-fourths of an inch in diameter. Cut them in equal lengths and taper the ends with a chateau knife. Boil in salt water. When done, drain. Lay in a pan sprinkled with grated American cheese. Put into a hot oven to remain until the cheese has melted. Dust with powdered chives. Serve.

POTATOES, CHIPOLATA.

Peel small potatoes about the size of a hen's egg. Dig out the center with a vegetable scoop. Insert in the cavity a Chipolata sausage; plug up the hole. Arrange in a saute

pan, brush with butter, season, moisten with a little stock, braise until done. Then remove the cover and brown in a hot oven. Serve.

POTATOES, CHIFFONADE.

Cut several cold boiled new potatoes in slices a quarter of an inch thick, and the same amount of cold boiled beets. Lay the slices on a clean kitchen towel. Stamp them out with a column tube, run them alternately on a tooth pick. Shred some cabbage lettuce, make a bed of it on a salad plate. Lay on the potatoes and beets, remove the toothpick. Dress with a spoonful of thin ravigote sauce. Garnish with stoned olives and small gherkins cut fan shape. Serve.

POTATOES A LA CREME.

Cut cold boiled potatoes in small dice. Simmer in thick sweet cream for a few minutes; slightly thicken with cornstarch. Season with butter, salt and white pepper. Serve.

POTATOES, CREOLE.

Cut raw potatoes in slices an inch thick. Stamp them out with a column tube. Boil until about half done in salt water; finish by simmering in Creole sauce; season and serve.

POTATOES, COLBERT.

Cut raw potatoes in dice about half an inch square. Par-boil and finish cooking in Colbert sauce. Roll them in chopped chives. Serve.

POTATOES, DAUPHINE.

Bake several large potatoes. When done, dig them out and press through a fine sieve. Season with butter, salt and Cayenne pepper. Add to the mass some grated American cheese and sufficient egg yolks to bind the mass. Flour the pastry board and form in small cutlets. Check the top with the back part of a knife. Arrange on a buttered baking pan, and brush over with beaten egg yolks. Bake in a slow oven. Serve.

POTATOES, DUCHESSE.

Prepare a potato croquette mixture. Add to it a few beaten eggs. Slide a star tube into an ornamenting sack. Put in the mixture, force it out in rosettes on a greased and dusted baking pan. Bake in a slow oven until the edges of the leaves become brown. Serve.

POTATO DUMPLINGS.

Boil and mash some potatoes. Mix with the mass a few beaten eggs. Season with salt, butter and white pepper. Add enough flour and the proper amount of baking powder to form them into dumplings. Poach in boiling water until done. Serve at once.

POTATOES, EPICUREAN.

Cut some small new potatoes in thin slices, put them into a saute pan, moisten with white stock. Season with butter,

salt and white pepper. Cover and place the pan in oven to remain until they are done. Remove the cover, sprinkle with grated Parmesan cheese and return to oven for a few minutes to melt the cheese. Serve on a hot platter, sprinkled with chopped parsley.

POTATOES EN PAILLES.

Cut raw potatoes in pieces about the size of a straw. Immerge in hot fat and cook until they become a golden color. Drain on a towel. Season and serve on a folded napkin.

POTATOES, FRANCAISE.

Scoop out some raw potatoes in shell shape with a scalloped vegetable scoop. Fry in hot fat, drain on a towel, season with salt. Serve.

POTATOES, FANCHONETTES.

Grease some pattle pans, dust them with cracker meal. Line them with a potato croquette mixture. Bake until brown in a slow oven. Set aside until they become cool, then remove from the tins, place them on a buttered baking sheet. Prepare some potatoes the same as for souffles. Slide a star tube into an ornamenting sack, force the mixture out in pyramid shape in the cavity of the fanchonettes shells. Bake in a slow oven. When done serve immediately on a folded napkin.

POTATOES, GASTRONOME.

Peel some large potatoes; cut in slices about one and one-half inch thick. Stamp out with a column tube, (half an inch in diameter). Boil in salted water, drain and press dry. Chafe in some melted meat glaze. Sprinkle with equal parts of chopped red tongue, ham, truffles and canned mushrooms. Season with salt and paprica. Serve.

POTATOES, GENEVOISE.

Butter some small timbale molds, set in ice-box to chill the butter, then sprinkle with Parmesan cheese and fill with potato croquette mixture. Bake in a slow oven until brown, unmold and serve on a hot platter garnished with sprigs of fried parsley.

POTATOES, GEORGETTE.

Select small potatoes of uniform size. Scrub them perfectly clean. Dig out the inside with a vegetable scoop, drop them into a tub of cold water. Drain, wipe dry and stuff with a farce made of minced onions saute, ox-marrow, shrimp tails and thick Allemande sauce, season with salt, chopped sweet herbs and paprica. Plug up the hole, roast in hot charcoal ashes until done. Dust off the ashes, serve on a fancy folded napkin.

For garnishing fish and entrees the potatoes can be peeled, stuffed and browned in the oven.

POTATOES, GLAZED.

Peel small new potatoes about the size of a large marble. Lay them on a baking pan. Sprinkle with butter and brown

in the oven. When done brush with melted beef glaze, season and dry in a slow oven. Serve.

POTATOES, HOLLANDAISE.

Peel medium size potatoes. Cut in quarters, then pare off the ends to a point. Boil in salted water. When done drain, season and sprinkle with butter, chopped parsley, and lemon juice. Serve.

POTATOES, ITALIENNE.

Cut in thin slices some cold boiled potatoes. Mince and saute an onion in butter, add some chopped ham and shredded anchovies. Mix in a spoonful of flour, moisten with sweet cream, beat vigorously to make a smooth sauce. Butter a gratin dish. Put in a layer of potatoes, cover with a spoonful of the sauce and some grated Parmesan cheese. In this way fill the dish alternately with layers. Sprinkle top with fresh bread crumbs and bits of butter. Bake until brown in a hot oven. Serve in same dish.

POTATOES, JULIENNE.

Peel large potatoes. Square and cut in very thin slices, then in shreds. Immerse in hot fat and fry until crisp; drain on a towel. Season and serve.

POTATOES, LONG BRANCH.

Peel large potatoes, square the ends and run them through a long branch potato machine, by which they are cut in long strings. Immerse in hot fat and fry until crisp. Drain on a towel. Season and serve.

POTATOES, MAITRE D'HOTEL.

Peel small round potatoes, cut in quarters, parboil, drain and finish cooking in rich veloute sauce. Season with salt, white pepper, lemon juice and grated Parmesan cheese. Sprinkle with chopped parsley. Serve.

POTATOES, MILANAISE.

Mince some shallots, a green pepper and a sprig of celery. Braise in butter for a few minutes, then add a ladleful each of tomato and Allemande sauce. When it boils, put in some small peeled (raw) new potatoes, cover the sauce pan, set in the oven to remain until the potatoes are done. Season with salt and grated Parmesan cheese. Gently toss over the fire until the cheese has become stringy. Sprinkle with chopped parsley. Serve.

POTATOES, MONACO.

Peel several large potatoes, cut them in slices about half an inch thick, lay on a towel, stamp out in crescents with a column tube. Then proceed the same as directed for Potatoes, Gastronomes.

POTATOES, NATUREL.

Select small round potatoes, peel and boil until done in salted water. Season, sprinkle with drawn butter and chopped parsley. Serve.

POTATOES, NAVARRAISE.

Pare several large potatoes, cut them in slices about an inch thick. Lay them on a towel and stamp them out with a column tube an inch in diameter. With a chateau knife pare down one end to form a ridged pyramid. Parboil in salted water, drain and fry in hot fat. Season and serve.

POTATO NESTS.

Select several medium large round potatoes. Wash and scrub the potatoes clean. Lay on a pan, bake in the oven. When done cut a piece from the top and remove the inside, being careful not to break the shell. Pass the inside portion through a potato masher. Season it with salt, white pepper and butter. Add some hot cream and enough egg yolks to bind the mass. Slide a small plain ornamenting tube the size of a straw into the sack. Put in the mixture and proceed to line the shells to resemble a birds nest. Bake for five minutes in a hot oven. Fill with small meat entrees. Garnish with sprigs of fried parsley. Serve.

POTATO NOODLES.

Mash the required amount of white potatoes. Set aside to get cold. Season with salt, white pepper and a handful of grated Parmesan cheese. Mingle in some beaten eggs and sufficient flour to make a thick paste. Proceed the same as plain noodles.

POTATOES, PARISIENNE.

Peel large potatoes; scoop them out in little balls with a plain Parisienne cutter. Fry in hot fat until done. Drain on a towel, season with salt. Serve.

POTATOES, PERSILLADE.

Pick out small round potatoes of uniform size. Boil in half milk and water salted. When done drain, set back on range to dry for a few minutes. Season. Sprinkle with butter and chopped parsley. Serve.

POTATO PUFFS.

Peel small potatoes, cut them in slices about a quarter of an inch thick. Put them in a tub and let stand under the faucet with the cold water running over them for two or three hours. Drain and stew—fry in fat that is not over water boiling point. When the potatoes become soft to the touch, hang up the basket and shove the fryer on the hot fire. When it becomes smoking hot, let in the potatoes, stir gently until they puff up like a ball. Drain and serve at once on a folded napkin.

POTATOES, QUENELLES.

Take a potato croquette mixture, roll it out in small balls. Chafe in a pan of dry flour, shake out. Fry in hot lard. Serve.

When potato quenelles are required for soup, add enough flour and a little baking powder to keep them from falling apart when they are poached.

POTATOES, REGENT.

Boil some new potatoes. When they are done, drain and set aside to cool. Then cut in thin slices. Simmer in sweet cream, season with salt, butter and white pepper. Add enough fresh bread crumbs to absorb the cream. Mingle in a beaten egg. Fry in butter omelet shape. Serve.

POTATO ROLLS.

Form a potato croquette mixture into small rolls. Egg, bread and fry in hot fat.

POTATOES, ROUENNAISE.

Form a potato croquette mixture into small balls. Dip into fritter batter. Fry.

POTATOES, SERPENTINE.

Cut the potatoes in the form of a serpent with a plain serpentine cutter. Fry in hot fat, drain, season and sprinkle with chopped parsley. Serve.

POTATO TARTLETS.

Line some small tartlet molds with thin pie crust. Fill them with dry beans bake. Prepare the potatoes the same as for Regent. Empty out the beans from the tartlets, fill with the potatoes, sprinkle with crumbs and bits of butter, brown in a hot oven. Serve.

POTATOES, VICTORIA.

The same as for Rouennaise, except roll the balls in chopped chives before frying.

POTATOES, WINDSOR.

From peeled raw potatoes scoop out little balls with a plain Parisienne cutter. Boil them in salted water, drain and toss in butter. Season with salt, pepper and lemon juice. Sprinkle with chopped parsley. Serve.

PUMPKIN.

(Fr. *Potiron*). (Ger. *Pfebe oder Kurbiss*).

The pumpkin is the gourd-like fruit of a number of plants of the genus *Cucurbita Bepo*. The fruit of the common sort is an orange yellow when ripe. The vines are coarse and hollow, growing from twelve to twenty-five feet long. They are usually planted in corn fields and when ripe are used for feeding stock. The pumpkin was once regarded as an important vegetable food, but it has been superseded by the squash and vegetable marrow; though the esculent portion is something of a luxury when cooked to a pulp and made into pies.

Pumpkins are most plentiful in October and November.

PUMPKIN, PREPARED FOR PIES (1).

Secure a medium size, ripe sugar pumpkin. Cut in half, take out the seeds, then cut in pieces, pare off the skin and remove the stringy pulp. Put into a clean saucepan, cover with hot water, slightly salt and cook slowly until the water has evaporated, and it assumes a light brown color. Stir occasionally to prevent it burning at the bottom of the pan. Remove from the fire, rub through a fine sieve. Use as needed.

PUMPKIN, PREPARED FOR PIES (2).

Cut the pumpkin in pieces about four inches square. Remove the stringy pulp, lay on a pan and bake in a slow oven until soft. With a spoon dig out the meat, mash through a fine sieve and use as required.

RADISH.

(Fr. *Radis*). (Ger. *Rettig*).

The radish is a crucifeous plant of the genus *Raphanus sativus*. It is cultivated for the fleshy pungent edible root, which is eaten raw as a salad or relish. There is little doubt of the antiquity of this plant, for tradition informs us that it was much favored by the Egyptians, though the exact origin is somewhat obscure. Some of the most familiar varieties are the Black and White Spanish (long and round), Celestial, Carmine, Turnip, Scarlet China (winter), Early White Turnip, White and Scarlet tip, etc. Most of these are best when young and crisp, but those grown for winter use are covered with a thick fibrous skin which must be removed before eaten. The young leaves are cooked for greens, and the pods are pickled like capers.

YOUNG TIPS. (How to Serve).

Select the bunches that have fresh green leaves. With the scissors cut off the small roots from bottoms. Then detach the leaf stalks, leaving them about half an inch long. Thoroughly wash, put into a relish dish, cover with cracked ice and serve.

WINTER RADISH. (How to Serve).

Winter radishes of all varieties must be pared. The thick fibrous skin is exceedingly pungent and unpalatable. If large, split them in half, and steep in salted water an hour before serving.

RED CABBAGE.

(See Cabbage).

RHUBARB.

(Fr. *Rhubarbe*). (Ger. *Rhabarber*).

Rhubarb is the common name of a number of plants of the genus *Rheum*. The garden rhubarb, of which the leafstalks are used as a substitute for fruit in making pastries, is said to be a native of Central Asia.

RICE.

(Fr. *Riz*). (Ger. *Reis*).

The article familiarly known to cooks and housewives as rice is the cleaned or hulled grain of an important member of the cereal grass family, *Oryza sativa*. In the natural state it is enveloped in a coarse fibrous husk. Through a process of milling the husks are removed leaving the grain in pearl-like kernels, which differ in size, shape and color according to the variety and location in which it is grown. Some of the well known products made from rice are sugar, starch, flour and a distilled liquor called "Japanese sake". Rice is extensively cultivated in India, Australia, China, Brazil, Italy, Spain and Southern United States. The largest quantity, however, is produced in Carolina and Georgia, and the American rice leads the world in quality. Rice contains about 80 per cent. starch, but is devoid of flesh forming material. For which reason it does not form a complete diet without eggs, flesh or pulse.

It nevertheless constitutes the principal food of over one-third of the human race, making it more largely consumed than any other cereal.

BOILED RICE.

Wash one pound of rice by putting it in a fine sieve, and immersing it several times in a pan of cold water; or let the cold water from the hydrant run over it. Put a quart of water into a saucepan, slightly salt, and set on the fire. When it boils, put in the rice and slowly boil for twenty minutes. then shove to the back of the range to evaporate the

moisture. Serve as a vegetable, or use as directed in the following recipes.

STEAMED RICE.

After washing a pound of rice, put it into a stone jar slightly salt, and pour on one quart of water. Cover the jar and set it in the steamer. Turn on the steam and let cook for thirty minutes. Take off the cover and stir it from the sides and bottom of jar. Cover and finish cooking. Serve plain or with sugar and cream.

FRIED RICE.

Wash and boil the rice in the usual way. When thoroughly done beat in a few egg yolks. Turn out into a greased mold, allow it to become cold, then cut in slices, roll in flour and fry in hot fat. Sprinkle with powdered sugar. Serve.

FRIED RICE CAKES.

The same as Fried Rice, except form the rice into cakes.

RICE FRITTERS.

Wash a pound of rice. Put into a stone jar and pour on a quart of milk. Add eight ounces of sugar and the grated rind of a ripe lemon. Cover and steam until it becomes a thick mass. Bind with four egg yolks.

Dust a shallow pan with flour, spread the mixture an inch thick over the pan and set aside to cool. Then cut in circles, diamond or square. Dip in French fritter batter, fry in hot fat. Sprinkle with powdered sugar and ornament with currant jelly. Serve while hot.

RICE CROQUETTES.

The same mixture as for fritters. Form it into fancy shapes as pyramids, pear-shape, or to represent anything desired. Roll in flour, fry in hot fat. Sprinkle with powdered sugar. Serve with sweet sauce.

RICE PYRAMIDS EN SURPRISE.

Fill a square pyramid mold with some plain boiled rice. With the handle of a wooden spoon press a hole in the bottom, forming a shell. Fill the cavity with forcemeat or any small meat entree desired. Unmold on a hot platter, with an appropriate sauce poured around them.

CURRIED RICE.

Wash and boil some rice in plain chicken or veal broth; when about half done, saute a minced onion in butter, add to the rice with the required amount of diluted curry powder. Mix thoroughly. cover the saucepan and finish cooking in a slow oven. Serve with entrees, etc.

RICE, CREOLE.

Mince one sound white onion and two green peppers, (the hot kind). Put into a saute pan with a lump of butter and some shredded raw ham, fry slowly for ten minutes, then add a half pound of washed rice and a pint of beef bouillon; simmer for twenty minutes. Then put in four

ripe tomatoes (peeled and sliced), season with salt. Cover the pan and finish cooking in a slow oven. Serve as an entree.

RICE CASSEROLE.

Wash and boil some rice in beef bouillon (the quantity of bouillon can be governed by the amount of rice by assuming that the rice will absorb twice its weight of liquid substances). When it is thoroughly done and the moisture has evaporated, season with salt and Cayenne pepper. Remove from the fire and pound to a paste in a mortar. Slightly grease a casserole the proper size. Line it with the rice paste, smooth down the top with a palette knife. Sprinkle with butter and place in a hot oven to remain for thirty minutes, or until it becomes crusty and a light brown.

Remove from the fire and let stand for a few minutes, then fill the cavity with saute sweetbreads, chicken livers or any small meat entree desired. Unmold upside down on a platter, paint the surface with meat glaze. Set in a hot oven for a few minutes. Serve.

RICE AU GRATIN.

Wash and boil the rice in a strong chicken broth. Add some reduced Bechamel sauce and a handful of grated Parmesan cheese. Season with salt and Cayenne pepper. Put into gratin dishes, sprinkle top with fresh bread crumbs and bits of butter. Brown in a hot oven. Serve in same dish.

RICE, MILANAISE.

Mince and saute an onion in butter. Moisten with a quart of clear beef broth. Add a ham bone and a little Spanish saffron tied in a clean cloth. Put in a pound of rice. Simmer for twenty-five minutes. Then remove the ham bone and saffron bag. Season with salt and paprika. Add a double handful of grated Parmesan cheese, cook for a few minutes longer, or until the cheese becomes stringy. Form into neat pyramids. Garnish with slices of fried ripe tomatoes. Pour over some brown butter. Serve.

RICE, NEAPOLITAN.

Mince an onion, saute in olive oil to a golden color, add some washed rice. Moisten with consomme and reduced tomato sauce. Cook slowly until the rice is done. Then add some saute mushrooms cut in shreds and the same amount of blanched oysters. Slowly incorporate a handful of grated Parmesan cheese; salt and Cayenne pepper to taste. Form into pyramids. Garnish base with boiled and split crawfish tails. Serve as an entree.

RICE, CONDE.

Wash and boil the rice in milk, add a little salt and sugar to sweeten it. Flavor with orange or lemon extract. When the rice has become quite dry incorporate a few egg

yolks to bind it. Set aside to remain until it becomes cold. Then form it into pyramids. Garnish with stewed prunes and glazed fruits. Serve cold.

RICE BORDER.

Wash and boil the rice in clean white stock; when the rice is done the stock should be evaporated. Season with salt and a little grated cheese. Press into a greased border mold. Smooth off the top, cover with an oiled paper and bake in a slow oven for thirty minutes. Remove from the oven, allow it to cool slightly, then unmold and fill the center with small meat entrees. Serve.

RICE CROUSTADE.

Prepare the rice as directed for Casseroles. Put the rice-paste into plain individual pudding molds. With the thumb press a cavity in the center, leaving the sides a half inch thick. Unmold on an oiled baking sheet. Brush over with melted butter and bake for thirty minutes in a slow oven. Fill the center with small meat entrees. Serve.

RICE GRUEL.

Wash and boil two ounces of rice in a pint of milk for one hour. Slightly salt and strain through a cheese cloth. Flavor with a little nutmeg. Serve plain or sweetened.

RICE PATTIES.

Prepare a mixture the same as directed for Casseroles. Spread it on a shallow pan or pastry board about one and one-half inch thick. When it has become cool, stamp it out with a plain round patty cutter; egg and bread in fresh crumbs. Mark the tops with a cutter about half an inch smaller than the one with which they were stamped. Fry to a golden color in clear hot fat. Drain on a towel, remove the cover and dig out the cavity. Use instead of puff paste patties.

RICE PREPARED FOR SOUPS, ETC.

Wash and boil the rice twenty minutes in hot water. Remove from the fire, immerge in cold water, drain and use as needed.

RICE TIMBALES.

Prepare the rice as directed for Casseroles. Butter the required number of timbale molds. Set them into the ice-box to remain until the butter has become cold. Then decorate them with truffles, carrots, and red tongue. Carefully line them with the rice paste, by pressing it in tightly with the thumb. Fill with sweetbreads, forcemeat or anything desired.

Spread a coating of the rice over the top. Bake in a slow oven for ten minutes. Unmold by passing a thin knife around the sides. Garnish with a slice of lemon and parsley. Serve.

ROCAMBOLE.

(See Onion).

ROMAINE OR COS LETTUCE.

(Fr. *Romaine*). (Ger. *Binde Salat*).

Romaine is one of the numerous varieties of the lettuce tribe, *Lactuca*. The leaves are long tapering and dark green. Each plant or head is usually tied at the top a week or ten days before being cut for the market in order to make it more crisp. For a course dinner salad there is nothing better. It is prepared for salad and cooked the same as lettuce. (See Lettuce).

ROSEMARY.

(Fr. *Rosmarin*). (Ger. *Rosmarin*).

Rosemary is a hardy shrub, *Rosmarinus officinalis*. The narrow grayish leaves have a fragrant odor, and a warm bitter and pungent taste. They are often used in cookery for flavoring soups, sauces and salads. But they are principally used in making perfumes and cordials.

The plant is a native of Italy, Spain and France.

RUTABAGA, OR SWEDISH TURNIP.

(Fr. *Chou-Navet Rutabaga*). (Ger. *Gelbe Boden-Rube*).

The rutabaga is a species of the common turnip *Brassica campestris*. It possesses more nutritive properties than the common turnip, but is less delicate. It is principally cultivated for feeding stock; though when boiled and mashed with one-third potatoes it makes a very fine table vegetable.

RYE.

(Fr. *Seigle*). (Ger. *Roggen*).

Rye is a grain produced by a common cereal grass, *Secale cereale*. This plant is a native of the Black Sea regions and has been cultivated since ancient times. Rye is most extensively grown in Central and Northern Europe, where it constitutes the principal breadstuff of a larger part of the population. It is the hardiest of all the cereals, being grown in higher latitude than

any other food producing plant. It is also largely employed for malting purposes, being the source of much whisky and gin.

SAFFRON.

(Fr. *Safran*). (Ger. *Saffran*).

True saffron is the stigmas of the flower of an autumnal crocus, dried and pressed into a cake. The plant is a bulbous herb, *Crocus sativus*, but the saffron of commerce is produced from hay-saffron, a subordinate species, the stigmas of which are in loose form (uncaked). Saffron has a warm, pungent bitter taste, aromatic odor and is a deep orange color. The color is soluble in water and alcohol, and has long been used for coloring liquors, confections and pastries.

SAGE.

(Fr. *Sauge*). (Ger. *Salbet*).

The common garden sage is a perennial aromatic herb, *Salvia officinalis*. The leaves are rough and of a grayish color. Sage was much esteemed in ancient times for its medicinal properties, but now its use is principally confined to seasoning, dressing, sausage and cheese. The leaves for this purpose are usually dried, then pressed or ground.

SALSIFY.

(Fr. *Salsifis*). (Ger. *Haferwurzel*).

Salsify is a hardy biennial plant of the genus *Tragopogon porrifolius*. It is principally cultivated for the long spindle-shape root, which resembles the oyster in flavor. It is commonly called oyster plant or vegetable oyster. Black Salsify is a relative plant, excepting that it grows a little larger and the skin is coarse and grayish black in color. But the flesh is white, tender and sugary. Salsify is procurable from September to May.

BOILED SALSIFY. DRAWN BUTTER.

Scrape the roots from the crown down, trim and immediately immerse in acidulated water, which will prevent

them from turning black. Cut in pieces about three inches long, then split each piece. Boil in salted water, (add the juice of a lemon) until tender. Drain on a colander. Put a lump of butter into a saute pan; when melted put in the salsify, season and simmer for a few minutes. Serve in a deep vegetable dish, with some of the butter poured over.

FRIED SALSIFY IN BATTER.

Boil as directed in the foregoing. Drain, season, roll in flour, dip in French fritter batter and fry in hot fat. Serve on a fancy folded napkin, garnished with parsley.

FRIED SALSIFY IN CRUMBS.

Plain boil the salsify, drain, egg and bread. Fry in hot fat. Serve on a curly lettuce leaf.

SALSIFY A LA CREME.

Clean the salsify in usual way, cut in slices about one-half inch thick. Parboil in salted water. Then simmer in rich sweet cream until tender. Season with butter, salt and pepper. Serve in a deep vegetable dish.

CREAM OF SALSIFY, BECHAMEL.

Clean and cut the salsify in slices about as thick as a quarter. Simmer until tender in rich chicken broth. Then add the same amount of thick bechamel sauce. Thoroughly mix and let it come slowly to a boil. Rub through a fine sieve, put into a stone jar and finish with a liaison of egg yolks and sweet cream. Season with salt, butter and white pepper. Serve with toasted oyster crackers separate.

SALSIFY SALAD.

Clean and trim the roots at the top and bottom. Boil them whole in acidulated water. Set aside to cool in same liquor. Then drain and press dry in a clean towel. Cut in thin slices, season with salt and sweet paprica. Dress with olive oil and lemon juice. Serve on lettuce leaves garnished with chopped parsley and boiled beets cut in fancy shapes.

SAVORY.

(Fr. *Sarriette*). (Ger. *Saturei*).

Savory is an aromatic plant of the genus *Satureia*. It is a native of Southern Europe. There are two varieties, the summer and winter savory. Both are a low aromatic herb grown for seasoning soups, farces and dressings.

SAVOY CABBAGE.

(See Cabbage).

SHALLOT.

(Fr. *Echalot*). (Ger. *Schalotte*).

The shallot is a kind of onion, *Allium Ascalonicum*, and a native of Syria. The bulbs form

in the axils of the upright stems like garlic. Shallots are the mildest form of an onion known and are highly prized the world over for seasoning delicate soups, sauces and entrees.

SORREL.

(*Fr. Oseille*). (*Ger. Sauerampfer*).

Sorrel is a perennial plant of the genus *Rumex*, of which there are quite a number of species. It is a native of Southern Europe, and is cultivated in France and other parts of the Old World. The entire family is impregnated with oxalic acid, though the French sorrel is more succulent and less acidulent than any other. It is much used in Europe for soups, purees and salads, and is cooked like spinach.

PUREE OF SORREL.

Trim off the roots of the required amount of French sorrel, wash in several waters to remove the sand. Blanch and finish cooking in slightly salted water. When done, drain and chop very fine. Put the mass into a saucepan, add a ladleful of rich bechamel sauce. Season with salt, white pepper and a good size lump of butter. Simmer until thoroughly heated. Serve on a hot platter, garnished with quarters of hard boiled eggs.

SORREL SALAD.

Pick the young leaves, thoroughly wash, drain and press dry in a towel. Put into a salad bowl, season with salt and white pepper. Shred and saute a piece of bacon to a golden color, pour it over the sorrel, mix and serve in same bowl. Olive oil can be used instead of the bacon, but vinegar must be omitted.

CREAM OF SORREL (Soup).

Wash the sorrel in salted water, drain and braise it with a lump of butter. Moisten with white broth and simmer for thirty minutes. Then add an equal quantity of thick Bechamel sauce. When it has become hot rub through a fine sieve, season with salt, white pepper, then finish with a liaison of egg yolks and sweet cream. Serve with slices of toast sprinkled with Parmesan cheese.

STEWED SORREL.

Wash, drain and chop the sorrel leaves very fine. Mince a few fresh mushrooms, also a slice of raw ham. Braise with a lump of butter for a few minutes. Then put in the sorrel, moisten with a ladleful of white broth, cover the pan and simmer for thirty minutes. Season with salt and

white pepper. Rub the mass through a fine sieve, beat in a lump of butter. Serve on a hot platter.

SORREL, PLAIN BOILED.

Pick the sorrel leaves from the stems, wash thoroughly and boil in salted water for thirty minutes; drain on a colander. Put a lump of butter into a saute pan, throw in the sorrel, season with salt and white pepper. Toss it for a few minutes over a hot fire. Serve with boiled salt meats.

SOY-BEAN.

(Fr. *Haricot Soya*). (Ger. *Soja Bohne*.)

The soy-bean is an annual plant *Soja hispida*. The stem grows erect and is thickly covered with silky hairs, bearing two or three pods from the axil of the leaves. There are several varieties, the seeds of which differ somewhat in color and shape but not in composition.

The soy-bean exceeds by far all other pulses in nutrient value. The plant is a native of India, China and Japan, where it produces an important article of food, the seeds being one of the principal ingredients employed in making the famous soy (sauce).

Soy sauce was originated nearly a thousand years ago in China, where it is still made by almost every family. The Japanese who were the first to manufacture it on strictly scientific principles, have made of it an enormous industry by improving the flavor of the sauce.

JAPANESE SOY. (Sauce).

The ingredients of soy are wheat, sea-moss and soy-bean. The wheat is soaked in water for forty hours, then kiln-dried. The beans are cooked to a pulp and mixed with the wheat, and the sea-moss is chopped fine and added. It is then put into a keg and allowed to ferment for several weeks, at the end of which time it is strained through a cloth sack and reduced to half by slow boiling. Then bottled and store away for three or four years before it is ready for use.

SPEARMINT. (See Mint).

SPICES.

(Look under respective names).

SPINACH.

(Fr. *Epinard*). (Ger. *Spinat*).

Spinach is a common annual garden plant,

Spinacia oleracea of the Goosefoot family. It is said to be a native of Western Asia, but is extensively cultivated in all countries having a temperate climate. The plant yields thick succulent leaves of a dark green color. When boiled and seasoned they form a pleasant and wholesome vegetable, which is suitable to serve with all kinds of meats. Spinach is plentiful at all seasons.

BOILED SPINACH—PLAIN.

Pick off the coarse stems and wash the spinach in cold water several times. (Great care should be taken in washing, for the sand and grit sticks very tightly to the leaves). Fill a sauce pan half full of water; when it boils slightly salt and put in the spinach. (Keep it immersed in the water with a wooden paddle.) Boil for thirty minutes, drain and rinse in cold water. Drain and squeeze out the water. If the leaves are large chop them a little. Put into a stone jar, then set into the bain-marie. Season with butter, salt and white pepper. Serve.

SPINACH GREEN—No. 1.

This is the common kitchen method:

Select freshly picked spinach, pick off the stems and wash in several waters. Drain and press dry, chop very fine and pound to a pulp in a mortar, moisten by degrees with some lukewarm water. When you have added about all the spinach will absorb, take out and squeeze the juice through a kitchen towel. Throw away the pulp and set the juice on cool part of the range to remain until it coagulates. Then strain through a clean cloth and the coloring matter will remain on the cloth. This will serve to color soups, sauces and stews.

SPINACH GREEN—No. 2.

The green coloring principle of spinach and other leaves and grasses is called chlorophyll. The following is the best method of obtaining it for general purposes. Thoroughly wash and press the spinach leaves dry. Then pound them in a mortar and squeeze out the juice, heat it gradually to 130 degrees Fahr. and remove the green flakes of chlorophyll, which separate by filtration through calico. When the liquor has all passed through the filter set the chlorophyll aside for a time, heat the strained liquor 200 degrees F. to coagulate the albumen, remove the latter by filtration and throw it away. Evaporate the filtrate by a water-bath to the consistency of syrup. Then add to the chlorophyll and stir the whole together assiduously, continue the evaporation at a temperature not exceeding 140 degrees F. until the extract is of the suitable consistency. A higher temperature than that indicated would cause the alteration of

the chlorophyll to a dark brown substance. This is soluble in either alcohol or water.

SPINACH RAVIOLES.

Take equal parts of blanched chicken livers, boiled veal and ox-marrow, chop and pound to a smooth paste in a mortar. Add a like amount of blanched spinach leaves. Season with chopped parsley, salt and white pepper. Pound again until the mass is thoroughly mixed, then rub through a coarse sieve, adding a good-sized handful of grated Parmesan cheese. Roll out some rich pie crust, cut in pieces about three inches square, lay a spoonful of the above mixture on the center of each square. Brush the edges with the beaten yolk of an egg, fold in the four corners, and squeeze them together. Simmer for ten minutes in boiling stock, take out, drain and bake for thirty minutes in a slow oven. Serve on a hot platter garnished with parsley. For soups the crust is made of noodle paste and boiled only.

PUREE OF SPINACH. (Plain).

Clean and boil the spinach in the usual way. Drain and chop fine. Put a lump of butter into a saute pan, when melted throw in the spinach and heat thoroughly. Season with salt and white pepper. Serve on a hot platter garnished with quarters of hard boiled eggs.

SPINACH A LA CREME.

Clean and boil the required amount of spinach. When done, drain and press dry. Lay on a board and chop very fine. Put a lump of butter into a saucepan, set on the fire until it becomes a light brown, add the spinach. When heated through, slowly incorporate some rich cream. Season with salt, pepper and grated nutmeg. Serve on a hot platter, garnished with poached eggs.

BOILED SPINACH WITH HAM, JOWL AND OTHER PICKLED MEATS.

Put the meat into a saucepan the proper size, cover with hot water and simmer slowly until done. Then take it out and in the same liquor boil the spinach for thirty minutes. Drain on a colander, put into a stone jar and season with a lump of butter.

SPINACH WITH GRAVY.

Clean and thoroughly wash the spinach, blanch in salted water, drain and squeeze dry. Put a ladleful of veal gravy and a lump of butter into a saute pan, chafe over the fire until hot, then put in the spinach and simmer for twenty minutes; add more moisture if necessary. Season with salt and pepper. Dish on a hot platter, form into omelet shape. Paint the top with melted glaze. Garnish with fancy croutons. Serve.

SPINACH HOME STYLE.

Select freshly picked young spinach. Wash thoroughly in several waters. Drain and boil in salted water for twenty

minutes. Then drain again and press dry. Chop very fine. Put a lump of butter into a saucepan; when melted put in the spinach, and heat thoroughly. Season with salt and white pepper. Serve in deep vegetable dish.

SPINACH, MAITRE D'HOTEL.

The same as the foregoing, except, add the juice of a lemon and a piece of meat glaze. Serve on a platter garnished with fancy croutons.

SPINACH OMELET.

Prepare an omelet in the usual way. Fill with spinach cooked Home Style. Roll up and serve.

SPINACH SALAD.

Gather the young spinach leaves just as they are coming out of the ground. Wash thoroughly and press dry; put into a salad bowl with some chopped chives and sorrel. Season with salt and paprika. Dress with olive oil and vinegar. Serve in same bowl.

SPINACH SOUP, MARROW DUMPLINGS.

Braise in butter two sliced onions, one carrot, one small white turnip and a sprig of celery. Wash a peck of spinach, drain and chop fine. Add to the vegetables and cover with strong mutton broth. Simmer for two hours. Lightly thicken with flour and water. Rub through a fine sieve. Return to fire in a clean saucepan, season with a lump of butter, salt, pepper and a pint of white wine. Prepare some marrow dumplings, and serve a few with each portion.

SPINACH EN PYRAMIDE.

Pick and wash the spinach, boil for thirty minutes in salted water. Drain, press dry and pound in mortar to a pulp. Add some bacon shredded and fried to a golden color, and yolks of hard boiled eggs. Pound until the mass becomes a perfect blend. Return to the fire in a saute pan. Season with salt, white pepper, and a little grated nutmeg; stir in a lump of butter. Press into a square pyramid form and unmold on square slices of toast. Sprinkle with glaze and serve.

SPINACH WITH POACHED EGGS.

Prepare the spinach as for Puree of Spinach (Plain). Dish a spoonful on a slice of buttered toast, smooth down, and serve with a poached egg on each slice.

SQUASH.

(Fr. *Sourge*). (Ger. *Speisekurbesse*).

The squash is the fruit of a creeping annual plant of the gourd family, *Cucurbita*. The numerous species of the cultivated squash for common use are divided in two classes, the winter and summer. The best known varieties are the Hub-

bard, Hard Shell Turban, Boston Marrow, Crook-neck and Fordhook.

Summer squash can be eaten before they are fully matured, while the winter varieties are not edible until they are ripe. The latter can also be preserved through the season. In Europe the squash is called vegetable marrow and is not regarded with much favor.

BOILED SUMMER SQUASH.

Pare, cut in slices and remove the seeds. Boil in salted water for fifteen or twenty minutes. Spread a piece of cheese cloth over a colander. Pour on the squash, drain and squeeze out the water. Set in bain-marie. Season with a lump of butter, pepper and salt. Serve.

BOILED WINTER SQUASH.

With a heavy knife remove the thick, hard skin of a Hubbard squash. Cut in pieces, remove the seeds, immerge in boiling salted water, cook until soft. Drain on a colander. Melt a lump of butter in a saute pan, put in the squash, season with salt and white pepper, chafe gently until heated through. Dish on a platter. Shove it into a hot oven for a few minutes; take out and serve while hot.

MASHED WINTER SQUASH.

Proceed the same as directed above, except mash through the colander and serve in a deep vegetable dish.

FRIED HUBBARD SQUASH.

Remove the hard skin with a heavy knife. Cut the squash in half, take out the seeds. Then cut in strips an inch and a half wide and three inches long. Steam until two-thirds done; take out and set aside to cool. Season, roll in flour and fry slowly in butter. Serve on a hot platter garnished with fancy croutons. The squash can also be dipped in batter and fried like fritters.

BAKED WINTER SQUASH.

Select a fancy Hubbard squash, wash and scrub the outside very clean, cut in pieces about three inches square, leaving the skin on. Arrange the pieces on a baking pan, season with salt and white pepper. Put a piece of butter on each slice and bake in a slow oven until soft. Serve hot on a fancy folded napkin.

STUFFED SQUASH.

The sweet potato squash is most suitable for this purpose. Select the small ones, wash the skin thoroughly. Cut in half, dig out the seeds with a vegetable scoop. Bake in a slow oven until done. Dig out the meat, leaving the shell whole. Mash the meat to a pulp, season with salt, white pepper and a lump of butter, slowly incorporate some hot

cream. Thoroughly mix and stuff back into the shells. Return to oven for ten minutes longer. Serve on a folded napkin.

STRAWBERRY TOMATO OR ALKEKENGI.

(Fr. *Alkekenge*). (Ger. *Judenkirsche*).

The Alkekengi is a common Southern herbaceous plant of the nightshade family, *Physalis alkekengi*. The fruit is well formed, usually red or yellow when ripe. It has an acid taste between a strawberry and a tomato. The plant is very ornamental in early winter and the fruit is a pleasant vegetable.

BAKED STRAWBERRY TOMATO.

Select the fruit when perfectly ripe. Scald and remove the skin. Season with salt and pepper, sprinkle with bread crumbs and bits of butter. Bake in a quick oven for ten or fifteen minutes. Serve on a hot platter.

STRAWBERRY TOMATO, FRIED.

Scald and remove the skins. Season, roll in flour, egg and bread. Fry in hot fat. Serve as a vegetable, or use for garnishing.

SWEET POTATOES.

(Fr. *Patates*). (Ger. *Bataten*).

The sweet potato is an annual creeping plant, closely related to the morning-glory tribe, *Ipomoea Batatas*. It yields a spindle shape edible root, rich in starch and contains more sugar than the common potato, though it is much the same nature. The plant is supposed to be a native of Brazil, but it is extensively cultivated in *all* warm countries. There are many varieties grown, which differ in color only, such as the red, white and yellow. A variety called Yams is highly esteemed in the South, and the bill of fare is never complete without "candied yams."

In Mexico and Spain, I am told, the sweet potato is regarded as a sweetmeat. But in the United States they are cooked much the same as the common potato, leaving out the flavoring herbs and condiments. Salt should be used with discretion.

CANDIED YAMS. (Sweet Potatoes).

Select small ones of uniform size. Wash and boil until soft in unsalted water. When they are cool enough to

handle, scrape off the skin and arrange them on a baking pan about an inch apart. Sprinkle with powdered sugar, and brown in a slow oven. Serve on a fancy folded napkin,

MASHED SWEET POTATOES.

Proceed the same as mashed potatoes. Season with salt and butter, using salt very sparingly. Incorporate the cream or milk and serve the same as mashed potatoes.

SWISS CHARD.

(See Beets).

TARRAGON.

(Fr. *Estragon*). (Ger. *Dragun*).

Tarragon is a perennial complex aromatic plant of the genus *Artemisia Dracunculus*. It was originally a native of Russia and Siberia, but is extensively cultivated in France, where the leaves are used for flavoring salads, sauces and making vinegar. The famous sauce Bearnaise is incomplete without tarragon.

TARRAGON BUTTER.

Pick off the leaves from several sprigs of tarragon, wash and press dry, chop fine and pound to a pulp in a mortar. Wash and add the butter. Mix thoroughly and squeeze in the juice of a lemon. Add a little sweet paprika and rub through a fine sieve. Put in ice-box to cool. Use for fish and entrees.

TARRAGON VINEGAR.

Gather the young sprigs, wash in cold water. Put them into a wide mouthed jug, cover with white wine vinegar, and macerate for several weeks in a warm place. Pour off the vinegar, press juice from the sprigs, filter and bottle for use.

THYME.

(Fr. *Thym*). (Ger. *Thymian*).

Thyme is a plant of the genus *Thymus*, of which I am told, there are more than a hundred species; but only two varieties known to cookery, the common garden, and the lemon scented. Thyme is a shrub-like plant, the aromatic leaves, of which are used when green and dry for seasoning soups and farces. The flavor, however, is very pungent and should be used with discretion.

TOMATOES.

(Fr. *Tomates*). (Ger. *Liebesapfle*).

The Tomato is a South American hardy annual plant of the nightshade family, *Lycopersi-*

cum esculentum. It is extensively cultivated in the United States and elsewhere for the fruit, which is usually red or yellow when ripe. The many varieties grown differ but little except in size, shape and color. Tomatoes are marketable the year round.

TOMATO CATCHUP. •

(See Catchup).

STEWED TOMATOES.

Select perfectly ripe tomatoes, scald and remove the skins. Cut in quarters and stew in a nickle, porcelain or agate saucepan until the juice is somewhat evaporated. Season with salt, Cayenne pepper and butter. If preferred they can be thickened with corn starch. The addition of a little sugar will improve the flavor,

STEWED CANNED TOMATOES.

Open can, drain on a colander. Save the juice for other purposes, and cook as directed in the foregoing.

GREEN CORN AND TOMATOES.

(See under Corn).

STEWED TOMATOES, SPANISH STYLE.

Mince a medium size onion, fry it slowly for ten minutes in butter. Scald and peel a dozen tomatoes, cut in quarters and add to the onion. Simmer slowly for an hour. Season with salt, butter and red pepper. Serve in deep vegetable dish surrounded with croutons.

BAKED TOMATOES—No. 1.

Scald, peel and remove the core of several tomatoes (or number required) of uniform size. Arrange on a baking pan. Sprinkle with salt and pepper, fill center with butter. Bake in a slow oven for thirty minutes. Take out and serve on fancy cut slices of toast.

BAKED TOMATOES—No. 2.

Scald and peel the tomatoes, cut in slices about half an inch thick. Season and sprinkle each slice with a little cracker meal. Place them together again, arrange closely on a greased baking pan. Sprinkle top with more cracker meal, and bits of butter. Bake for thirty minutes in a slow oven. Serve on a folded napkin garnished with sprigs of fried parsley.

BAKED TOMATOES—No. 3.

Scald and peel the tomatoes, cut in half crosswise. Remove the pulp, stew with some finely minced onion and shreds of bacon. When done, season and add enough small bread sippets to absorb the juice. Stuff the shells, sprinkle with grated American cheese, bake for ten minutes in a quick oven. Serve on fancy cut slices of buttered toast.

TOMATOES AU GRATIN.

Scald and peel the required number of ripe tomatoes. Cut them in half, simmer slowly for thirty minutes. Season with salt and pepper. Pour in a colander to drain off the juice. Return juice to fire in a clean saucepan. Reduce until it becomes the consistency of thick syrup, then add a handful of grated Parmesan cheese, a few bread crumbs and the tomatoes left in colander; chafe until thoroughly mixed; then fill a gratin dish. Sprinkle top with fresh bread crumbs and bits of butter. Bake in a hot oven until brown. Serve in same dish.

STEAMED TOMATOES.

Scald and peel the tomatoes, cut out the core by running the point of a knife around it, fill the cavity with butter. Season the tomatoes with salt and red pepper. Arrange in a perforated bottom steamer. Steam for ten minutes. Serve plain, garnished with sippets.

BROILED TOMATOES.

Scald and skin several sound tomatoes, cut them in slices half an inch thick. Lay them on a large platter, season with salt and white pepper, pour on some olive oil or drawn butter. Arrange the slices on a double hand-iron. Broil for five minutes over a quick fire. Serve on a folded napkin plain or with mayonnaise sauce.

FRIED TOMATOES.

Prepare the tomatoes as directed for broiling, except roll the slices in flour; egg and bread in fresh crumbs. Fry in butter. Serve with tartar sauce.

STUFFED TOMATOES.

Wipe dry several ripe tomatoes of uniform size. Cut off the top to form a hinged cover. Scoop out center, leaving enough of the meat to form a perfect shell. Mince and saute an onion to a golden color, add the pulp and simmer slowly for twenty minutes. Season with butter, salt and Cayenne pepper. Add enough bread crumbs to absorb the juice. Sprinkle with chopped parsley. Thoroughly mix and stuff the shells. Arrange on an oiled baking pan. Bake for twenty minutes in a slow oven. Serve on a fancy folded napkin.

STUFFED TOMATOES, PROVENÇAL.

Prepare the tomatoes as directed in the foregoing. Simmer the pulp until it becomes quite thick. Then add a ladleful of Espagnole and a piece of meat glaze. Chafe until the mixture becomes hot, strain through a fine sieve to remove the seeds. Mince a small onion, a clove of garlic and three fresh mushrooms, saute them in butter, add the sauce with enough bread crumbs to thicken it. Stuff the shells, place on the cover and bake slowly for twenty minutes. Serve while hot.

STUFFED TOMATOES, MEXICAN.

Wipe a dozen fancy ripe tomatoes, cut them in half cross-wise. Scoop out the pulp. Mince a green pepper, three shallots, a piece of raw ham and two calves brains. Saute in butter, add the tomato pulp and simmer the mixture for forty minutes. Season with Cayenne pepper and salt; thicken with rolled crackers. Slide a large plain tube into an ornamenting sack, put in the mixture, and stuff the shells in pyramid form. stud with blanched almonds, sprinkle with powdered sugar and bake in a slow oven for twenty minutes. Serve on a folded napkin.

STUFFED TOMATOES, CREOLE

Prepare the tomatoes for stuffed. Mince an onion, green pepper, stalk of celery and some raw ham; saute in butter, add the pulp that has been scooped out, simmer for thirty minutes. Season with salt, Cayenne pepper. Stuff the shells, arrange on a baking pan, bake for fifteen minutes. Serve with reduced Espagnole sauce.

STUFFED TOMATOES FOR GARNISHING.

Select small round tomatoes. Prepare the stuffing as directed in any of the foregoing recipes. Bake in a quick oven. Use for garnishing meat and fish entrees.

TOMATO SAUCE.

Scald and peel the tomatoes; cut in quarters. Cut a carrot, onion, leek, sprig of celery and a few parsley roots in small pieces. Put them into a saucepan with a lump of butter and a ham bone, braise slowly until the vegetables become a light brown. Add a few pepper corns, bay leaves and whole cloves. Put in the tomatoes, stir occasionally until they boil. Then shove back to simmer for two hours. Thicken with a little corn starch diluted in cold stock. Remove ham bone and strain through a fine sieve. Season with salt and Cayenne pepper. Pour into a stone jar and use when needed.

PUREE OF TOMATO.

Prepare the body exactly the same as for sauce. Add one-fourth its quantity of consomme, beef broth or a piece of meat glaze. Season to taste. Serve with croutons, royal custard or rice as may be preferred. The addition of a little sugar will improve the flavor.

CREAM OF TOMATO, HOME STYLE.

Prepare a puree of tomato, add a little bi-carbonate of soda, to neutralize the acid, pour in one-fourth its quantity of boiling sweet cream. Season with salt, pepper and a little sugar. Serve with toasted crackers separate.

ESSENCE OF TOMATOES.

Scald and peel several ripe tomatoes, stew slowly for thirty minutes. Then pour into a clean cheese cloth sack and press out the juice. Reduce it half, add a piece of beef glaze. Season with salt, sugar and red pepper. Serve in small cups with cheese straws separate.

TOMATOES FOR RELISH.

Select fancy red ripe tomatoes. Put on ice for several hours before serving. Wipe dry and cut in thin slices. Serve on a relish dish, covered with crushed ice.

Chopped onion, chopped peppers or chopped chives are sometimes served on a small dish with the tomatoes.

Sauce—Dilute a little mayonnaise with whipped cream, or, some prefer French salad dressing.

TOMATO FRAPPE FOR RELISH.

Select medium size red ripe tomatoes, scald and peel them. Arrange in a deep pan, cover with shaved ice and sprinkle top with a little salt. When the tomatoes have become thoroughly chilled, serve on a salad plate with mayonnaise dressing.

STUFFED TOMATO SALAD.

Select fancy red ripe tomatoes, wash and wipe them dry, insert a column tube about an inch in diameter into the stem end of the tomato. Scald and peel them, cover with shaved ice and salt. When they become slightly frozen on the outside dig out the center with a vegetable scoop. Fill the cavity with plain celery salad, dish on a spoonful of mayonnaise, garnish with capers and beets cut in fancy shape. Serve on a curly lettuce leaf.

TOMATO SALAD, BOSTON STYLE.

Scald, peel and slice the tomatoes. Dish on a salad plate. Season with salt, sugar and a little lemon juice. Pour on some thick double cream. Serve.

TOMATO AND CUCUMBER SALAD.

(Look under Cucumbers).

FRIED GREEN TOMATOES.

Pick the tomatoes just before they turn ripe. Wash and wipe them dry. Cut in slices about a quarter of an inch thick. Lay on a pan, sprinkle with salt and a little Cayenne pepper. Roll in flour, fry in butter until they become soft. Serve on a folded napkin with hot mayonnaise sauce.

TOMATO OMELET.

Chop an onion, saute in butter with some minced raw tomatoes. Simmer for a few minutes, season. Prepare the omelet, roll in the tomatoes and serve hot.

TRUFFLES.

(Fr. *Truffles*.) (Ger. *Trufflen*.)

Truffles are any one of several species of subterranean edible fungus of the genus *Tuber*. The truffle was highly esteemed as an article of food by the ancient Romans, but they did not become generally popular until the last hundred years, and it is safe to say that hardly one-tenth of the diners at the present time know or appreciate the real value of them.

When truffles are fresh they are worthy indeed of the extravagant praise they receive, but the truffles of commerce (canned), which we are compelled to use in this country, are little better than none at all, except for artistic cookery. The real truffle sauce we are unable to produce. The French truffles are the most highly prized for their flavor and general appearance. They are round in shape with black warty skin, and the meat is usually black or dark green in color. These varieties are found in large quantities in the old province of Perigord; this is why the famous dishes prepared with truffles are styled *Perigueux*.

As the truffles show no signs of their presence above ground the natives conceived the idea of training pigs and dogs to locate them by scent, and by their aid two or three children could find a quart or more in one day. But of late years I am told many persons have become experts in locating the place where they are most apt to be found. The English truffles differ in color, having black warty skin with brownish veins and the meat is white or marble color.

There are also several species found in Italy and Africa, but they seem to be foreign and hardly possess the flavor that characterizes the others,

TRUFFLE SAUCE.

Reduce some thin veal gravy to half, strain through a kitchen towel. Put a teaspoonful of white sugar into a saucepan; when it becomes brown, pour in some white wine and reduce to half, then add three or four canned truffles cut in slices; simmer for a few seconds, then pour in the veal gravy. Season with salt, butter and a little sweet paprika.

TRUFFLE SAUCE. ANOTHER WAY.

Mince one onion, one carrot and a sprig of celery, braise them in butter for fifteen minutes, then moisten with a quart of veal stock. Add a piece of chicken glaze, some parsley roots and a few pepper corns; simmer for two hours, strain through a clean towel. Return to fire in a clean saucepan, reduce to half, then add one half its

quantity of strong Allemande sauce and a pint of Sauterne; simmer slowly for a few minutes longer.

Mince half a dozen canned black truffles; put a lump of butter the size of an egg into a saucepan; when it becomes brown put in the minced truffles and chafe for a few seconds. Then, strain on the sauce; season with white pepper and salt.

TRUFFLES AND CHESTNUT STUFFING.

Shred a piece of bacon, saute it with some minced shallots, sprig of thyme, bouquet of parsley, a few pepper corns and two or three bay leaves (tie the spices in a clean rag). Then add a quart of peeled and blanched Italian chestnuts, cover with milk or cream and cook to pulp. Remove the parsley, thyme and spices. Mash the chestnuts and rub them through a fine sieve, add a dozen minced canned truffles and beat in a lump of butter. Season with salt and white pepper. Use for stuffing poultry or game.

STUFFED TRUFFLES FOR GARNISHING.

Select some small round canned truffles, scoop out the center with a small Parisienne cutter. Prepare a rich farce of cooked partridge breasts; mince and add some of the trimmings of the truffles. Stuff the shells, simmer them in butter moistened with some old Maderia wine.

SMALL PATTIES OF TRUFFLES.

Cut some canned truffles in small dice. Put a lump of butter into a small saucepan. When it becomes nut brown add a glassful of champagne, and reduce it to half. Throw in the truffles, chafe over the fire for a few minutes, then strain on enough reduced Allemande sauce to cover the truffles. Add some pieces of chicken, season with salt and white pepper. Fill the required number of puff paste patties, put on the cover and serve hot.

TRUFFLE OMELET.

Prepare the truffles as directed for patties. Make an omelet in the usual way. Roll in a spoonful of the sauce. Serve hot garnished with slices of truffles over the top.

TRUFFLES, EPICUREAN.

Slice several canned truffles, simmer them in butter and old Maderia wine, moisten with veal gravy, season with salt and pepper. Serve with steaks, chops and entrees.

TRUFFLES, PERIGUEUX,

Select small round truffles, peel and cover them with a farce made of fat goose livers. Roll out a thin sheet of puff paste. Cut in squares large enough to cover each truffle; brush the edges with beaten egg yolks. Enclose the truffles, press the edges together. Arrange on a pan, bake in a hot oven for twenty minutes, take out, cut in half, dish on a hot platter. Pour over some beurre noir. Serve while hot,

TURNIPS.

(Fr. *Navet*). (Ger. *Rübe*).

The turnip is the thick fleshy edible root of a common garden or field plant, *Brassica Rapa*. The plant is often found growing wild, but is said to be poisonous. The root of the true turnip is round and usually broader than thick. It was extensively cultivated by the ancient Romans and Greeks and is still grown in almost every country having a favorable climate. It not only affords us a wholesome vegetable but it is largely used for feeding sheep and cattle.

BOILED TURNIPS, DRAWN BUTTER.

Select the purple top variety; peel and plunge them into a pan of cold water, take out, cut in quarters, blanch in slightly acidulated water. Wash and finish cooking in salted water. (Add a little white sugar when they are about half done.) Drain and serve in a deep vegetable dish with drawn butter poured over.

MASHED TURNIPS.

Peel and cut the turnips in slices about a half inch thick, blanch and finish cooking in slightly salted water. Drain on a colander, press out the water and mash through a sieve. Season with butter, salt and white pepper. Add a little sugar if preferred. Serve as a vegetable or use for garnishing meat dishes.

STEWED TURNIPS, POULETTE.

Peel several large white turnips, scoop out little balls with a Parisienne cutter. Blanch them in acidulated water, wash and finish cooking in strong chicken broth. When they are done prepare a white roux in another saucepan. Drain the turnips on a colander, saving the broth and slowly incorporate it with the roux. Allow it to simmer for a few minutes, then add a liaison of egg yolks and sweet cream. Remove from the fire, and season with salt and white pepper. Put the turnips into a stone jar, pour over the sauce. Serve in a deep vegetable dish, sprinkled with chopped yolks of hard boiled eggs.

STEWED TURNIPS, WHITE SAUCE.

Prepare the turnips as directed for Poulette. Blanch and boil them until done in salted water. Drain and return to the fire in a saute pan. Season and add a lump of butter, toss gently until they become hot, then add some Allemande sauce. Serve as a vegetable or use for garnishing.

STEWED TURNIPS IN CREAM.

Peel and cut the turnips in half; blanch and boil until half done in salted water. Drain and cut in dice about a

quarter of an inch square. Simmer for fifteen minutes in sweet cream. Season with salt, sugar and white pepper. Add a lump of butter; when it has melted blend it with the cream by chafing the saucepan for a few seconds over the fire. Serve in a deep vegetable dish.

TURNIPS AU GRATIN.

Peel and cut the turnips in small dice, blanch and finish cooking in salted water. Drain when done. Put a lump of butter into a saute pan; when it becomes slightly brown add the turnips and sufficient Allemande sauce to cover them. Simmer for a few minutes, season with salt and a little Cayenne pepper, throw in a handful of grated Parmesan cheese, chafe until the cheese becomes stringy. Then put into gratin dishes, sprinkle top with bread crumbs and bits of butter. Brown in a quick oven and serve in same dish.

TURNIPS, FINANCIERE.

Peel and cut the turnips in slices a half inch thick, then in diamond shape. Blanch and boil until done in salted water. Drain. Cut a piece of bacon into shreds, put it into a saute pan with turnips and a few small fresh mushrooms. Braise them for ten minutes over a slow fire. Add a ladleful of Espagnole sauce and simmer for fifteen minutes; skim off the fat. Season with salt and pepper. Serve on fancy cut croutons.

GLAZED TURNIPS.

Peel a few large turnips, scoop out little balls with a Parisienne cutter. Blanch and boil them in salted water; when done drain. Put them into a saute pan with a small piece of butter, fry slowly until they become a golden color. Sprinkle with powdered sugar, toss over a hot fire for a few minutes. Use for garnishing meat dishes.

TURNIPS GLAZED IN GRAVY.

Prepare the turnips as directed in the foregoing. Simmer in a little reduced veal gravy. Shove into a hot oven to glaze. Serve as a vegetable or use for garnishing.

PUREE OF TURNIPS.

Peel several young white turnips, cut in slices, blanch and boil until done in white broth. Drain on a colander. Return to fire in a saute pan, add some dry bread crumbs and a ladleful of sweet cream. Season with salt and white pepper. When the mixture becomes hot, rub through a fine sieve. Put the pulp into a stone jar, beat in a lump of butter. Incorporate a few raw egg yolks and serve as a garnish for meat dishes.

TURNIP- TOP GREENS.

Pick the turnip-tops when young and tender. Wash them thoroughly in several waters. Drain and boil for thirty minutes in salted water. Drain off the liquor, chop fine, season with butter, pepper and salt. Serve plain or with salt or smoked meats.

TURNIP-CABBAGE.

(Same as Kohlrabi).

TURNIP-ROOTED CELERY.

(Same as Celeriac).

VEGETABLE MARROW,

(Look under Squash).

VEGETABLE KINGDOM.

The vegetable kingdom is that elementary division of living things which embraces all plants, the classes of which have been divided by Linnean into two distinct groups, *Phanerogamia* which comprises the plants having distinct flowers and true seeds, and *Cryptogamia*, which include plants without flowers and are reproduced by spores of different kinds or by cell division. These groups are further subdivided into several classes according to the nature and production of the plants.

WALNUTS.

(Fr. *Noix*). (Ger. *Wallnusse*).

The walnut is the edible fruit of any one of the several varieties of trees of the same genus *Juglans*. It was originally a native of the Himalayas and the provinces of the Caucasus. It was also extensively cultivated in Palestine in the time of King Solomon. But since the sixteenth century it has been naturalized in all European countries. The English and French walnuts are highly prized for their size and excellent flavor. When the walnut is shelled it yields about thirty per cent of sweet oil, which is much used for food in Europe. The black walnut of the United States yields a thick shell dark-meated nut which is less palatable than the European varieties. The unripe fruit of the English walnut is gathered when the shell is soft and made into pickles and preserves and many other dainty sweetmeats.

WALNUT CATCHUP.

(Look under Catchup).

WALNUT SALAD.

(Look under Nut Salads).

WALNUT SAUCE.

Prepare a roux by rubbing together equal parts of flour and butter in a saucepan; when it becomes hot slowly incorporate enough hot water to form a smooth sauce. Season with lemon juice, pepper and salt, strain, beat in a lump of butter and add several sliced pickled walnuts. An excellent sauce for fish.

WATERCRESS.

(Look under Cress).

WATERMELON.

(Fr. *Melon D'Eau.*) (Ger. *Wasser Melone.*)

The watermelon is the fruit of a trailing tropical plant of the genus *Citrullus vulgaris*. The plant is a native of Asia, but is largely cultivated in America, China, India and many other countries. The red pulpy flesh of the ripe fruit contains an abundance of sweet refreshing watery juice. Watermelon appears on our Northern markets as early as June fifteenth, but these consignments are shipped from Cuba and are never in prime condition. The real fancy ones are grown in southern Illinois and Indiana.

WHEAT.

(Fr. *Froment.*) (Ger. *Weitzen.*)

The wheat plant is a cereal grass of the genus *Friticum sativum*. The varieties are classified as white, red and amber. These are grown both for spring and winter crops. It is a wonderful fact that a single grain of wheat comprises all the fourteen elements necessary to sustain life, and it is the only plant that contains carbonates, phosphates, and nitrates in the proper proportion to form a complete diet. Wheat furnishes the principal breadstaff of all civilized countries.

[FINIS.]

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